



# CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Paul Frith (51y)** 

has completed a swim observed by IISA:

Date: 15-Oct-2024

Venue: CAPERNWRAY DIVE CENTRE CARNFORTH, CUMBRIA  
UK

Distance: 1600 metres

Swim Time: 00:37:00.00

Water Temp: 14.00°C

Wind Chill: 8.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Lindsey Higson  
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**