



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Eleanor Thomas (48y) 

has completed a swim observed by IISA:

Date: 09-Jan-2026

Venue: Rother valley country park, uk

Distance: 1000 metres

Swim Time: 00:19:46.07

Water Temp: 1.90°C

Wind Chill: -2.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Leon Fryer
Great Britain

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION