



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Laura Knowles (38y) 

has completed a swim observed by IISA:

Date: 31-Jan-2015

Venue: Windermere

Distance: 450 metres

Swim Time: 00:10:17.09

Water Temp: 5.60°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Helen Beveridge
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION