



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Jo Hedges (52y) 

has completed a swim observed by IISA:

Date: 14-Jan-2017

Venue: Felixstowe beach

Distance: 680 metres

Swim Time: 00:13:21.05

Water Temp: 4.93°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Seamus Bennett
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION