



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Seamus Bennett (52y) 

has completed a swim observed by IISA:

Date: 14-Jan-2017

Venue: Felixstowe Beach (North), Suffolk, UK

Distance: 683 metres

Swim Time: 00:12:55.50

Water Temp: 4.93°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Jo Hedges
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION