



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Ruth Williamson (54y) 

has completed a swim observed by IISA:

Date: 17-Nov-2019

Venue: Keepers Pond

Distance: 522 metres

Swim Time: 00:12:56.00

Water Temp: 3.30°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Debbie Cox
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION