

## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

## Ruth Williamson (54y) \*\*

has completed a swim observed by IISA:

Date: 21-Dec-2019

Venue: Andark lake

Distance: 1260 metres

Swim Time: 00:30:04.00

Water Temp: 6.90°C

Wind Chill: 8.00°C

Stroke: Crawl

Observer: Debbie Cox

Great Britain

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION