



CERTIFICATE OF ACHEIVCMENET

This is to acknowledge that

carol lord (53y) 

has completed a swim observed by IISA:

Date: 20-Jan-2018

Venue: Hatfeild Activity Centre

Distance: 1600 metres

Swim Time: 00:43:56.50

Water Temp: 3.50°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Leon Fryer
Great Britain

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION