



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Iris Ashman (55y) 

has completed a swim observed by IISA:

Date: **23-Nov-2019**

Venue: **River Waveny Bungay Staithe**

Distance: **1236 metres**

Swim Time: **00:24:50.00**

Water Temp: **5.30°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

Observer: **Tracy Clark**
New Zealand

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION