



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Helen Smith (55y) 

has completed a swim observed by IISA:

Date: 10-Dec-2022

Venue: Bray Lake Windsor

Distance: 1350 metres

Swim Time: 00:40:00.00

Water Temp: 4.00°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Melanie Tyrrell
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION