



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Ian Rock (43y) 

has completed a swim observed by IISA:

Date: 11-Jan-2020

Venue: Stoney Cove National Dive Centre, UK

Distance: 1855 metres

Swim Time: 00:42:53.00

Water Temp: 6.90°C

Wind Chill: 6.10°C

Stroke: Crawl

Observer: Penny Felton
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION