



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Sharon Lewis (49y) 

has completed a swim observed by IISA:

Date: 02-Nov-2019

Venue: Tal y llyn cool mile

Distance: 16010 metres

Swim Time: 00:32:17.00

Water Temp: 7.50°C

Wind Chill: 8.00°C

Stroke: Crawl

Observer: Michael Alexander
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION