



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Alex Prendergast (52y)** 

has completed a swim observed by IISA:

Date: 09-Aug-2020

Venue: Lake Lyell, NSW, Australia

Distance: 3000 metres

Swim Time: 01:06:00.00

Water Temp: 8.50°C

Wind Chill: 2.00°C

Stroke: Crawl

Observer: Charmian Frend  
Australia

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**