

CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Paul Frith (49y) ******

has completed a swim observed by IISA:

Date: 31-Oct-2022

Venue: Eccleston Delph

Distance: 2000 metres

Swim Time: 00:30:00.00

Water Temp: 12.00°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Andy Godber

Great Britain

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION