



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Paul Frith** (49y) 

has completed a swim observed by IISA:

Date: **06-Nov-2022**

Venue: **Ecclestone Delph**

Distance: **3000 metres**

Swim Time: **00:45:00.00**

Water Temp: **12.00°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

Observer: **Andy Godber**  
**Great Britain**

**KEEP SAFETY AND INTEGRITY IN THE ICE**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**