



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Heather Meek (43y) 

has completed a swim observed by IISA:

Date: 05-Mar-2022

Venue: Scotland, Loch Ken. Scottish winter championships.

Distance: 450 metres

Swim Time: 00:08:28.00

Water Temp: 5.00°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Alice Goodridge
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION