



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Heather Meek** (44y) 

has completed a swim observed by IISA:

Date: **01-Dec-2023**

Venue: **Loch morlich**

Distance: **500 metres**

Swim Time: **00:11:00.00**

Water Temp: **2.77°C**

Wind Chill: **2.00°C**

Altitude: **300 metres**

Stroke: **Crawl**

Observer: **Leon Fryer**  
**Great Britain**

**KEEP SAFETY AND INTEGRITY IN THE ICE**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**