



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Lorraine McGowan** (48y) 

has completed a swim observed by IISA:

Date: **18-Jan-2023**

Venue: **Pickmere lake, Cheshire**

Distance: **509 metres**

Swim Time: **00:10:31.00**

Water Temp: **4.50°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

Observer: **Samantha Farrow**  
**Great Britain**

**KEEP SAFETY AND INTEGRITY IN THE ICE**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**