



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Helen Manson (65y) 

has completed a swim observed by IISA:

Date: 06-Jan-2023

Venue: loch awe

Distance: 1000 metres

Swim Time: 00:26:00.00

Water Temp: 5.80°C

Wind Chill: 0.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Leon Fryer
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION