



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Nicola HoldenTrust (41y) 

has completed a swim observed by IISA:

Date: 25-Nov-2022

Venue: Torran Bay Loch Awe

Distance: 1000 metres

Swim Time: 00:22:46.00

Water Temp: 5.80°C

Wind Chill: 8.00°C

Stroke: Crawl

Observer: Leon Fryer
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION