



## 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 SAFTEY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**