



# CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Monika Hayes** (50y) 

has completed a swim observed by IISA:

Date: 16-Mar-2014

Venue: Murmansk, Russia

Distance: 450 metres

Swim Time: 00:07:30.00

Water Temp: 2.00°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Zani Müller  
South Africa

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**