



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Mary Swallow (27y) 

has completed a swim observed by IISA:

Date: 03-Jan-2024

Venue: Manvers Lake

Distance: 600 metres

Swim Time: 00:10:06.00

Water Temp: 6.10°C

Wind Chill: 0.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Anya Sordy
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION