



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Matthew Holland** (14y) 

has completed a swim observed by IISA:

Date: **01-Apr-2023**

Venue: **Plymbridge Woods River**

Distance: **50 metres**

Swim Time: **00:00:40.00**

Water Temp: **4.75°C**

Wind Chill: **0.00°C**

Altitude: **Sea Level metres**

Stroke: **Breast**

Observer: **Amanda Holland**  
**Great Britain**

**KEEP SAFETY AND INTEGRITY IN THE ICE**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**