



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Rona Lucas (42y) 

has completed a swim observed by IISA:

Date: **03-Dec-2023**

Venue: **Shac Buckland Lake**

Distance: **1490 metres**

Swim Time: **00:34:32.00**

Water Temp: **5.50°C**

Wind Chill: **4.00°C**

Altitude: **Sea Level metres**

Stroke: **Crawl**

Observer: **Esther Guy**
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION