



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

claire nicol (64y) 

has completed a swim observed by IISA:

Date: 14-Jan-2024

Venue: Sasamt lake Port Moody BC Canada

Distance: 1000 metres

Swim Time: 00:22:01.23

Water Temp: 5.20°C

Wind Chill: 0.00°C

Altitude: 31 metres

Stroke: Crawl

Observer: Garth Cumming
Canada

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION