



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Heather Massey** (40y) 

has completed a swim observed by IISA:

Date: **19-Jan-2020**

Venue: **Andark Lake**

Distance: **1000 metres**

Swim Time: **00:21:41.00**

Water Temp: **5.80°C**

Wind Chill: **2.30°C**

Stroke: **Crawl**

Observer: **Kate Steels**  
**Great Britain**

**KEEP SAFETY AND INTEGRITY IN THE ICE**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**