



CERTIFICATE OF ACHEIVCMENET

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 SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION