



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Eleanor Thomas (42y) 

has completed a swim observed by IISA:

Date: **19-Jan-2020**

Venue: **Andark lake, Southampton**

Distance: **1000 metres**

Swim Time: **00:24:58.00**

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