



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Eleanor Thomas (45y) 

has completed a swim observed by IISA:

Date: 30-Jan-2023

Venue: Andark lake

Distance: 1000 metres

Swim Time: 00:21:50.00

Water Temp: 5.80°C

Wind Chill: 5.00°C

Stroke: Crawl

Observer: Susan Rutherford
Great Britain

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION