



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Laura Knowles (38y) 

has completed a swim observed by IISA:

Date: 01-Feb-2015

Venue: Chillswim Windermere

Distance: 1000 metres

Swim Time: 00:25:33.05

Water Temp: 5.40°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Helen Beveridge
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION