



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Laura Knowles (40y) 

has completed a swim observed by IISA:

Date: 02-Feb-2017

Venue: Loch Ness

Distance: 450 metres

Swim Time: 00:20:00.00

Water Temp: 5.70°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Hilary Richardson
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION