



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Laura Knowles** (36y) 

has completed a swim observed by IISA:

Date: 02-Feb-2013

Venue: Windermere

Distance: 450 metres

Swim Time: 00:10:26.46

Water Temp: 5.00°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Helen Beveridge  
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**