



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Laura Knowles** (38y) 

has completed a swim observed by IISA:

Date: **31-Jan-2015**

Venue: **Windermere**

Distance: **450 metres**

Swim Time: **00:10:17.09**

Water Temp: **5.60°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

Observer: **Helen Beveridge**  
**Great Britain**

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**