



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Alistair Bell** (36y) 

has completed a swim observed by IISA:

Date: **08-Dec-2022**

Venue: **Carmel, Carmarthenshire**

Distance: **450 metres**

Swim Time: **00:13:00.00**

Water Temp: **4.00°C**

Wind Chill: **-2.00°C**

Stroke: **Crawl**

Observer: **Colin Hughes**  
**Great Britain**

**KEEP SAFETY AND INTEGRITY IN THE ICE**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**