



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Patricia Heffernan** (57y) 

has completed a swim observed by IISA:

Date: 18-Jan-2020

Venue: Wild Water Armagh

Distance: 1000 metres

Swim Time: 00:21:21.00

Water Temp: 2.90°C

Wind Chill: -1.70°C

Stroke: Crawl

Observer: Ian Conroy  
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**