



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Jean Sparling (50y) 

has completed a swim observed by IISA:

Date: 30-Dec-2022

Venue: O'Briens Bridge, Co. Clare

Distance: 1012 metres

Swim Time: 00:20:32.00

Water Temp: 5.50°C

Wind Chill: 3.80°C

Stroke: Crawl

Observer: Mark Hannigan
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION