



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Aoife McGuinness (46y) 

has completed a swim observed by IISA:

Date: 14-Dec-2020

Venue: O\

Distance: 1000 metres

Swim Time: 00:20:18.00

Water Temp: 5.60°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Mark Dempsey
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION