

## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Conor O Connor (60y)



has completed a swim observed by IISA:

Date: 03-Dec-2022

Venue: Glendalough

Distance: 1557 metres

Swim Time: 00:43:47.00

Water Temp: 8.80°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: John Curley

Ireland

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION