



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

stephanie lyness (56y) 

has completed a swim observed by IISA:

Date: 18-Jan-2020

Venue: Camlough Lake Co.Armagh

Distance: 1000 metres

Swim Time: 00:31:28.00

Water Temp: 3.50°C

Wind Chill: -1.00°C

Stroke: Crawl

Observer: Jacqueline McClelland
Ireland

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION