



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Carol Commons (41y) 

has completed a swim observed by IISA:

Date: 06-Dec-2025

Venue: Lough Conn

Distance: 1404 metres

Swim Time: 00:41:43.00

Water Temp: 7.70°C

Wind Chill: 0.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Chris Commons
South Africa

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION