



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Lisa Carroll (45y) 

has completed a swim observed by IISA:

Date: 02-Jan-2016

Venue: Forty Foot

Distance: 1000 metres

Swim Time: 00:24:10.00

Water Temp: 9.00°C

Wind Chill: 8.00°C

Stroke: Crawl

Observer: Ger Kennedy
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION