



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Ann Morrow (57y) 

has completed a swim observed by IISA:

Date: 30-Dec-2019

Venue: Lough Melvin, Co. Leitrim

Distance: 600 metres

Swim Time: 00:14:01.00

Water Temp: 5.86°C

Wind Chill: 7.60°C

Stroke: Crawl

Observer: Sarah O'Malley Daly
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION