



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Patricia Heffernan (57y) 

has completed a swim observed by IISA:

Date: **18-Jan-2020**

Venue: **Wild Water Armagh**

Distance: **1000 metres**

Swim Time: **00:21:21.00**

Water Temp: **2.90°C**

Wind Chill: **-1.70°C**

Stroke: **Crawl**

Observer: **Ian Conroy**
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION