



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Jean Sparling** (50y) 

has completed a swim observed by IISA:

Date: **30-Dec-2022**

Venue: **O'Briens Bridge, Co. Clare**

Distance: **1012 metres**

Swim Time: **00:20:32.00**

Water Temp: **5.50°C**

Wind Chill: **3.80°C**

Stroke: **Crawl**

Observer: **Mark Hannigan**  
**Ireland**

**KEEP SAFETY AND INTEGRITY IN THE ICE**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**