



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Lisa Carroll** (48y) 

has completed a swim observed by IISA:

Date: 26-Jan-2019

Venue: Armagh

Distance: 1000 metres

Swim Time: 00:45:00.00

Water Temp: 4.90°C

Wind Chill: 5.90°C

Stroke: Crawl

Observer: Ian Conroy  
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**