



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Mary Lowry (54y) 

has completed a swim observed by IISA:

Date: 29-Nov-2025

Venue: Clontarf Outdoor pool

Distance: 560 metres

Swim Time: 00:00:13.00

Water Temp: 6.20°C

Wind Chill: 0.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Ger Kennedy
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION