



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: 00:22:50.04

Water Temp: 4.90°C

Wind Chill: 7.70°C

Stroke: Crawl

Observer: Ian Conroy
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION