



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Aoife McGuinness** (45y) 

has completed a swim observed by IISA:

Date: 25-Jan-2020

Venue: 2020 1k Ice Swimming Championship Ireland, Wild Water  
Armagh

Distance: 1000 metres

Swim Time: 00:17:37.25

Water Temp: 5.70°C

Wind Chill: 7.00°C

Stroke: Crawl

Observer: Tiffany Quinn  
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**