

## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

## Julie-Ann O'Donovan (41y)

has completed a swim observed by IISA:

Date: 25-Jan-2020 Venue: Wild Water Armagh Distance: 1000 metres Swim Time: 00:19:12.25 Water Temp: 5.70°C Wind Chill: 7.00°C Stroke: Crawl

Observer: lan Conroy Ireland

## KEEP SAFTEY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**