



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

MARK PALMER (39y) 

has completed a swim observed by IISA:

Date: **07-Jan-2018**

Venue: **Armagh**

Distance: **1000 metres**

Swim Time: **00:22:40.00**

Water Temp: **1.90°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

Observer: **Ian Conroy**
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION