



CERTIFICATE OF ACHEIVCMENET

This is to acknowledge that

stephanie lyness (56y) 

has completed a swim observed by IISA:

Date: 16-Nov-2019

Venue: Wild Water Armagh

Distance: 500 metres

Swim Time: 00:11:11.29

Water Temp: 3.90°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Ian Conroy
Ireland

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION