



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

stephanie lyness (56y) 

has completed a swim observed by IISA:

Date: 07-Mar-2020

Venue: Lough Neagh Discovery Lurgan Air temp 13.4c Solo ice K swim

Distance: 1000 metres

Swim Time: 00:27:29.84

Water Temp: 4.90°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Jacqueline McClelland
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION