



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

stephanie lyness (60y) 

has completed a swim observed by IISA:

Date: 07-Jan-2024

Venue: Wild Water Armagh Northern Ireland

Distance: 500 metres

Swim Time: 00:11:35.09

Water Temp: 3.10°C

Wind Chill: 0.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Ian Conroy
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION