



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

stephanie lyness (60y) 

has completed a swim observed by IISA:

Date: **13-Jan-2024**

Venue: **Wild Water Armagh Northern Ireland**

Distance: **1000 metres**

Swim Time: **00:24:11.00**

Water Temp: **3.00°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