



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Lauren O'Malley (40y) 

has completed a swim observed by IISA:

Date: 27-Jan-2019

Venue: Camlough Lake

Distance: 1400 metres

Swim Time: 00:40:46.00

Water Temp: 4.55°C

Wind Chill: 2.00°C

Stroke: Crawl

Observer: Padraig Mallon
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION