



CERTIFICATE OF ACHEIVCMENET

This is to acknowledge that

Aisling Armshaw (41y) 

has completed a swim observed by IISA:

Date: 13-Oct-2019

Venue: O'BriensBridge

Distance: 1600 metres

Swim Time: 00:35:00.00

Water Temp: 11.90°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Mark Dempsey
Ireland

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION