



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Jaime McDonald (39y) 

has completed a swim observed by IISA:

Date: 16-Nov-2019

Venue: Wild water Armagh

Distance: 500 metres

Swim Time: 00:10:50.00

Water Temp: 3.90°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Ian Conroy
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION