



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Liz Ryan (41y) 

has completed a swim observed by IISA:

Date: 04-Jan-2020

Venue: Twomilegate, Killaloe, Co. Clare, Ireland

Distance: 900 metres

Swim Time: 00:16:20.00

Water Temp: 5.50°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Mark Dempsey
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION