



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Liz Ryan (42y) 

has completed a swim observed by IISA:

Date: 06-Dec-2020

Venue: St Michaels BC OBB

Distance: 1263 metres

Swim Time: 00:25:34.00

Water Temp: 6.80°C

Wind Chill: 4.00°C

Stroke: Crawl

Observer: Aisling Armshaw
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION