



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Aoife McGuinness** (45y) 

has completed a swim observed by IISA:

Date: **16-Dec-2019**

Venue: **Castleconnell**

Distance: **528 metres**

Swim Time: **00:10:25.00**

Water Temp: **4.90°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

Observer: **Pearse Ryan**  
**Ireland**

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**