



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Aoife McGuinness (46y) 

has completed a swim observed by IISA:

Date: **14-Dec-2020**

Venue: **O**

Distance: **1000 metres**

Swim Time: **00:20:18.00**

Water Temp: **5.60°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

Observer: **Mark Dempsey**
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION