



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Aoife McGuinness (45y) 

has completed a swim observed by IISA:

Date: 25-Jan-2020

Venue: 2020 1k Ice Swimming Championship Ireland, Wild Water
Armagh

Distance: 1000 metres

Swim Time: 00:17:37.25

Water Temp: 5.70°C

Wind Chill: 7.00°C

Stroke: Crawl

Observer: Tiffany Quinn
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION