



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Aoife McGuinness (46y) 

has completed a swim observed by IISA:

Date: 23-Jan-2021

Venue: Shannon Rowing Club, Limerick

Distance: 1050 metres

Swim Time: 00:23:54.00

Water Temp: 3.75°C

Wind Chill: -2.00°C

Stroke: Crawl

Observer: Ger Kennedy
Ireland

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION