



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 SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION