



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Conor O Connor (60y) 

has completed a swim observed by IISA:

Date: **03-Dec-2022**

Venue: **Glendalough**

Distance: **1557 metres**

Swim Time: **00:43:47.00**

Water Temp: **8.80°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

Observer: **John Curley**
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION