



# CERTIFICATE OF ACHEIVCMENET

This is to acknowledge that

**Lisa Carroll** (45y) 

has completed a swim observed by IISA:

Date: **02-Jan-2016**

Venue: **Forty Foot**

Distance: **1000 metres**

Swim Time: **00:24:10.00**

Water Temp: **9.00°C**

Wind Chill: **8.00°C**

Stroke: **Crawl**

Observer: **Ger Kennedy**  
**Ireland**

KEEP SAFTEY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**