



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Lisa Carroll** (48y) 

has completed a swim observed by IISA:

Date: **26-Jan-2019**

Venue: **Armagh**

Distance: **1000 metres**

Swim Time: **00:45:00.00**

Water Temp: **4.90°C**

Wind Chill: **5.90°C**

Stroke: **Crawl**

Observer: **Ian Conroy**  
**Ireland**

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**