



CERTIFICATE OF ACHEIVCMENET

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: **00:22:50.04**

Water Temp: **4.90°C**

Wind Chill: **7.70°C**

Stroke: **Crawl**

Observer: **Ian Conroy**
Ireland

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION