



CERTIFICATE OF ACHEIVCMENET

This is to acknowledge that

Ann Morrow (57y) 

has completed a swim observed by IISA:

Date: **30-Dec-2019**

Venue: **Lough Melvin, Co. Leitrim**

Distance: **600 metres**

Swim Time: **00:14:01.00**

Water Temp: **5.86°C**

Wind Chill: **7.60°C**

Stroke: **Crawl**

Observer: **Sarah O'Malley Daly**
Ireland

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION