



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Paddy Bond** (36y) 

has completed a swim observed by IISA:

Date: **13-Dec-2015**

Venue: **Wild water Armagh**

Distance: **450 metres**

Swim Time: **00:07:29.00**

Water Temp: **3.50°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

Observer: **Mollie Conroy**  
**Ireland**

**KEEP SAFETY AND INTEGRITY IN THE ICE**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**