



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Paddy Bond** (36y) 

has completed a swim observed by IISA:

Date: **31-Jan-2016**

Venue: **Wild water Armagh**

Distance: **1000 metres**

Swim Time: **00:17:37.00**

Water Temp: **4.50°C**

Wind Chill: **3.00°C**

Stroke: **Crawl**

Observer: **Ram Barkai**  
**South Africa**

KEEP SAFTEY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**