



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Paddy Bond** (36y) 

has completed a swim observed by IISA:

Date: 21-Feb-2016

Venue: Wild water Armagh

Distance: 1600 metres

Swim Time: 00:26:46.00

Water Temp: 4.63°C

Wind Chill: 5.00°C

Stroke: Crawl

Observer: Ian Conroy  
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**