



# CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Paul de Waard** (43y) 

has completed a swim observed by IISA:

Date: 14-Dec-2024

Venue: Baltimore, Ireland

Distance: 4019 metres

Swim Time: 00:01:00.17

Water Temp: 8.40°C

Wind Chill: 10.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Frank Hallissey  
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**