



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Jason Alcock (39y) 

has completed a swim observed by IISA:

Date: **03-Dec-2016**

Venue: **Wild Water Armagh**

Distance: **500 metres**

Swim Time: **00:09:18.00**

Water Temp: **4.20°C**

Wind Chill: **4.20°C**

Stroke: **Crawl**

Observer: **Ian Conroy**
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION