



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Brendan Ruane (52y) 

has completed a swim observed by IISA:

Date: **18-Dec-2016**

Venue: **Lough Melvin, Kinlough, Co Leitrim**

Distance: **500 metres**

Swim Time: **00:10:12.00**

Water Temp: **5.10°C**

Wind Chill: **8.00°C**

Stroke: **Crawl**

Observer: **Sarah O'Malley Daly**
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION