



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Brendan Ruane** (55y) 

has completed a swim observed by IISA:

Date: 05-Jan-2020

Venue: Lough Melvin

Distance: 1350 metres

Swim Time: 00:33:05.00

Water Temp: 6.00°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**