



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Gillian McShane (41y) 

has successfully competed in

International Ice Swimming Association Ireland 1K National
championships
Wild Water, Armagh

30-Jan-2016

1000m Freestyle in 26:21:00 minutes

Overall 15th / Age Group (40-44y) 3rd
Category Women

Pool Course

Water 4.50°C, Wind Chill -8.00°C



Ram Barkai
IISA Chair

Ireland
Chair & Board

