



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Barry O'Connor (52y)** 

has successfully competed in

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

30-Jan-2016

1000m Freestyle in 25:24:00 minutes

Overall 20th / Age Group (50-54y) 5th  
Category Men

Pool Course

Water 4.50°C, Wind Chill -8.00°C



Ram Barkai  
IISA Chair

*Ireland*  
Chair & Board

