



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**john ryan** (48y) 

has successfully competed in

**World Cup, Ireland Ice Swimming 1Km Championships**

Wild Water Armagh

28-Jan-2017

**1000m Freestyle in 15:44.00 minutes**

Overall 3rd / Age Group (45-49y) 1st

Category Men

Open Water Course

Water 3.70°C, Wind Chill 4.00°C



  
**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION