



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Rose Long (22y) 

has successfully competed in

World Cup, Ireland Ice Swimming 1Km Championships

Wild Water Armagh

28-Jan-2017

1000m Freestyle in 22:14.64 minutes

Overall 13th / Age Group (18-24y) 1st

Category Women

Open Water Course

Water 3.70°C, Wind Chill 4.00°C




Ram Barkai
IISA Chair

Ireland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION