



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Barry O'Connor (52y) 

has successfully competed in

Ulster Ice Championships

Wild Water Armagh

03-Dec-2016

500m Freestyle in 11:04.00 minutes

Overall 3rd / Age Group (50-54y) 2nd
Category Men

Open Water Course

Water 4.20°C, Wind Chill 4.20°C




Ram Barkai
IISA Chair

Ireland
Chair & Board

