



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lisa Carroll** (46y) 

has successfully competed in  
**Ulster Ice Championships**

Wild Water Armagh

03-Dec-2016

**500m Freestyle in 11:31.00 minutes**

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Overall 9th / Age Group (45-49y) 2nd

Category Women

Open Water Course

Water 4.20°C, Wind Chill 4.20°C



  
**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION