



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Therese Molyneux (54y) 

has successfully competed in
Ulster Ice Championships

Wild Water Armagh

03-Dec-2016

500m Freestyle in 08:25.00 minutes

Overall 2nd / Age Group (50-54y) 1st

WORLD RECORD - AGE GROUP

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