



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Patricia Heffernan** (56y) 

has successfully competed in

**IISA Ireland 1k National Championships**

Wild Water Armagh

26-Jan-2019

**1000m Freestyle in 19:09.28 minutes**

Overall 6th / Age Group (55-59y) 1st

Category Women

Open Water Course

Water 4.90°C, Wind Chill 5.90°C



  
**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*

