



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



INTERNATIONAL ICE SWIMMING ASSOCIATION