



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**stephanie lyness** (55y) 

has successfully competed in  
IISA Ireland 1k National Championships

Wild Water Armagh

26-Jan-2019

1000m Freestyle in 25:10.03 minutes

Overall 10th / Age Group (55-59y) 2nd

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