



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Anne O'Donovan** (38y) 

has successfully competed in  
**IISA Ireland 1k National Championships**

Wild Water Armagh

26-Jan-2019

**200m Freestyle in 03:57.97 minutes**

---

Overall 3rd / Age Group (35-39y) 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