



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Raymond Flanagan (55y) 

has successfully competed in
IISA Ireland 1k National Championships

Wild Water Armagh

26-Jan-2019

200m Freestyle in 03:45.78 minutes

Overall 4th / Age Group (55-59y) 2nd

Category Men

Open Water Course

Water 4.90°C, Wind Chill 5.90°C




Ram Barkai
IISA Chair

Ireland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION