



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Helen Colfer (38y) 

has successfully competed in
IISA Ireland 1k National Championships

Wild Water Armagh

26-Jan-2019

200m Freestyle in 03:22.38 minutes

Overall 2nd / Age Group (35-39y) 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