



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Martina Ring** (49y) 

has successfully competed in  
IISA Ireland 1k National Championships

Wild Water Armagh

26-Jan-2019

200m Freestyle in 04:08.69 minutes

Overall 4th / Age Group (50-54y) 1st

Category Women

Open Water Course

Water 4.90°C, Wind Chill 5.90°C



**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*

