



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Brendan Ruane (54y) 

has successfully competed in

IISA Ireland 1k National Championships

Wild Water Armagh

26-Jan-2019

200m Freestyle in 03:19.61 minutes

Overall 2nd / Age Group (55-59y) 1st
Category Men

Open Water Course

Water 4.90°C, Wind Chill 5.90°C




Ram Barkai
IISA Chair

Ireland
Chair & Board

