



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Mollie Conroy (22y) 

has successfully competed in
IISA Ireland 1k National Championships

Wild Water Armagh

26-Jan-2019

50m Breaststroke in 00:52.00 minutes

Overall 3rd / Age Group (18-24y) 2nd

Category Women

Open Water Course

Water 4.90°C, Wind Chill 5.90°C



Ram Barkai
IISA Chair

Ireland
Chair & Board

