



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Patricia Heffernan (57y) 

has successfully competed in
National Ice Swimming Championships

Wild Water Armagh

25-Jan-2020

1000m Freestyle in 19:49.26 minutes

Overall 11th / Age Group (55-59y) 2nd

Category Women

Open Water Course

Water 5.70°C, Wind Chill 5.00°C, 54.35° N

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

Ireland
Chair & Board

