



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**David Conradie** (53y) 

has successfully competed in  
**National Ice Swimming Championships**

Wild Water Armagh

25-Jan-2020

**1000m Freestyle in 17:22.91 minutes**

Overall 3rd / Age Group (50-54y) 1st

Category Men

Open Water Course

Water 5.70°C, Wind Chill 5.00°C

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION