



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Liz Ryan (42y) 

has successfully competed in
National Ice Swimming Championships

Wild Water Armagh

25-Jan-2020

1000m Freestyle in 17:09.60 minutes

Overall 2nd / Age Group (40-44y) 1st

Category Women

Open Water Course

Water 5.70°C, Wind Chill 5.00°C

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

Ireland
Chair & Board

