



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Eilish O'Brien (39y) 

has successfully competed in
National Ice Swimming Championships

Wild Water Armagh

25-Jan-2020

1000m Freestyle in 20:02.50 minutes

Overall 12th / Age Group (35-39y) 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



INTERNATIONAL ICE SWIMMING ASSOCIATION