



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Kathryn Pratschke** (48y) 

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

Wild Water Armagh

25-Jan-2020

**1000m Freestyle in 23:11.31 minutes**

Overall 16th / Age Group (45-49y) 6th

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