



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Sarah O'Malley Daly** (55y) 

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

Wild Water Armagh

25-Jan-2020

**1000m Freestyle in 18:14.16 minutes**

Overall 5th / Age Group (55-59y) 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