



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Donna Cooke** (35y) 

has successfully competed in  
**IRELAND ICE SWIMMING**

Armagh, north Ireland

07-Feb-2015

1000m Freestyle in 17:12:00 minutes

Overall 1st / Age Group (35-39y) 1st


**WORLD RECORD**

Category Women

Pool Course

Water 3.10°C, Wind Chill 0.00°C



  
**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION