



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Lisa Carroll (45y) 

has successfully competed in

International Ice Swimming Association Ireland 1K National
championships

Wild Water, Armagh

30-Jan-2016

1000m Freestyle in 23:55:00 minutes


Overall 13th / Age Group (45-49y) 4th

Category Women

Pool Course

Water 4.50°C, Wind Chill -8.00°C




Ram Barkai
IISA Chair

Ireland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION