



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ann Morrow (53y) 

has successfully competed in

International Ice Swimming Association Ireland 1K National
championships

Wild Water, Armagh

30-Jan-2016


1000m Freestyle in 22:26:00 minutes

Overall 10th / Age Group (50-54y) 3rd
Category Women

Pool Course

Water 4.50°C, Wind Chill -8.00°C




Ram Barkai
IISA Chair

Ireland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION