



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ger Kennedy (46y)



has successfully competed in

International Ice Swimming Association Ireland 1K National championships Wild Water, Armagh 30-Jan-2016

1000m Freestyle in 19:09:00 minutes

Overall 17th / Age Group (45-49y) 2nd Category Men

> **Pool Course** Water 4.50°C, Wind Chill -8.00°C



Ireland Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION