



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Gus Cooney (66y) 

has successfully competed in

International Ice Swimming Association Ireland 1K National
championships

Wild Water, Armagh

30-Jan-2016

1000m Freestyle in 18:26:00 minutes

Overall 13th / Age Group (65-69y) 1st


WORLD RECORD - AGE GROUP

Category Men

Pool Course

Water 4.50°C, Wind Chill -8.00°C




Ram Barkai
IISA Chair

Ireland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION