



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Amanda Bell (43y)** 

has successfully competed in

International Ice Swimming Association Ireland 1K National  
championships

Wild Water, Armagh

30-Jan-2016


1000m Freestyle in 20:42:00 minutes

Overall 8th / Age Group (40-44y) 2nd  
Category Women

Pool Course

Water 4.50°C, Wind Chill -8.00°C



  
**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION