



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Brendan Ruane** (52y) 

has successfully competed in

**World Cup, Ireland Ice Swimming 1Km Championships**

Wild Water Armagh

28-Jan-2017

**1000m Freestyle in 18:04.16 minutes**

Overall 10th / Age Group (50-54y) 1st

Category Men

Open Water Course

Water 3.70°C, Wind Chill 4.00°C, 54.35° N



  
**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*

