



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**stephanie lyness** (55y) 

has successfully competed in  
**IISA Ireland 1k National Championships**

Wild Water Armagh

26-Jan-2019

1000m Freestyle in 25:10.03 minutes

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Overall 10th / Age Group (55-59y) 2nd

Category Women

Certified Pool Course

Water 4.90°C, Wind Chill 5.90°C, 54.35° N



  
**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*

