



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**john ryan** (50y) 

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

Wild Water Armagh

26-Jan-2019

**1000m Freestyle in 16:15.62 minutes**

Overall 3rd / Age Group (50-54y) 1st

Category Men

Certified Pool Course

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



**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*

