



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Brendan Ruane** (55y) 

has successfully competed in  
**National Ice Swimming Championships**

Wild Water Armagh

25-Jan-2020

1000m Freestyle in 18:03.25 minutes

Overall 4th / Age Group (55-59y) 1st

Category Men

Open Water Course

Water 5.70°C, Wind Chill 5.00°C, 54.35° N

N-ICE Swim (>5°C)



Ram Barkai  
IISA Chair

*Ireland*  
*Chair & Board*

