



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Carol Commons (41y) 

has successfully competed in
IISA Ireland 2025 National Championships
Clontarf Baths, Dublin. Ireland
20-Dec-2025

1000m Freestyle in 21:06.00 minutes

Overall 15th / Age Group (40-44y) 3rd

Category Women


Pool Course

Water 6.50°C, Wind Chill 6.20°C, Altitude 1m, 53.21° N

N-ICE Swim (>5°C)

Welcome to IISA Ireland One Sport Global Friendship




Ram Barkai
IISA Chair

Ireland
Chair & Board

