



2025 NATIONAL CHAMPIONSHIPS  
CLONTARF BATHS, DUBLIN.

# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Jana Lowry** (45y) 

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

1000m Freestyle in 18:49.00 minutes

Overall 7th / Age Group (45-49y) 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*

