



2025 NATIONAL CHAMPIONSHIPS
CLONTARF BATHS, DUBLIN.

CERTIFICATE OF ACHIEVEMENT

This is to certify that

John Ryan (52y) 

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

1000m Freestyle in 16:48.00 minutes

Overall 5th / Age Group (50-54y) 1st

Category Men

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

