



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Mary Lowry (54y) 

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

500m Freestyle in 11:51.00 minutes

Overall 2nd / Age Group (50-54y) 1st

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

