



CERTIFICATE OF ACHIEVEMENT

This is to certify that

john ryan (48y) 

has successfully competed in

World Cup, Ireland Ice Swimming 1Km Championships

Wild Water Armagh

28-Jan-2017

1000m Freestyle in 15:44.00 minutes

Overall 3rd / Age Group (45-49y) 1st

Category Men

Open Water Course

Water 3.70°C, Wind Chill 4.00°C, 54.35° N



Ram Barkai
IISA Chair

Ireland
Chair & Board

