



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Rose Long** (22y) 

has successfully competed in

**World Cup, Ireland Ice Swimming 1Km Championships**

Wild Water Armagh

28-Jan-2017

1000m Freestyle in 22:14.64 minutes


Overall 13th / Age Group (18-24y) 1st

Category Women

Open Water Course

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



  
**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*

