



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Vanessa Daws (47y) 

has successfully competed in
Ulster Ice Championships

Wild Water Armagh

03-Dec-2016

500m Freestyle in 09:35.00 minutes

Overall 5th / Age Group (45-49y) 1st


WORLD RECORD - AGE GROUP

Category Women

Open Water Course

Water 4.20°C, Wind Chill 4.20°C, 54.35° N




Ram Barkai
IISA Chair

Ireland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION