



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Julie-Ann O'Donovan** (40y) 

has successfully competed in  
IISA Ireland 1k National Championships

Wild Water Armagh

26-Jan-2019

1000m Freestyle in 18:47.89 minutes

Overall 5th / Age Group (40-44y) 1st

Category Women

Open Water Course

Water 4.90°C, Wind Chill 5.90°C, 54.35° N



  
**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION