



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Colin Lindsay** (44y) 

has successfully competed in

**IISA Ireland 1k National Championships**

Wild Water Armagh

26-Jan-2019

**1000m Freestyle in 16:47.37 minutes**

Overall 4th / Age Group (45-49y) 1st  
Category Men

Open Water Course

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



  
**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*

