



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Lisa Carroll (48y) 

has successfully competed in
IISA Ireland 1k National Championships

Wild Water Armagh

26-Jan-2019

1000m Freestyle in 22:50.00 minutes

Overall 8th / Age Group (45-49y) 4th

Category Women

Open Water Course

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



Ram Barkai
IISA Chair

Ireland
Chair & Board

