



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Deirdre King (37y)** 

has successfully competed in

**IISA Ireland 1k National Championships**

Wild Water Armagh

26-Jan-2019

**1000m Freestyle in 17:52.35 minutes**

Overall 3rd / Age Group (35-39y) 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*

