



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Christine O'Brien (38y)** 

has successfully competed in  
**IISA Ireland 1k National Championships**

Wild Water Armagh

26-Jan-2019

**50m Breaststroke in 00:46.00 minutes**

Overall 1st / Age Group (35-39y) 1st

**WORLD RECORD - AGE GROUP**

Category Women

Certified Pool Course

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



**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*

