



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

Open Water Course

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



Ram Barkai
IISA Chair

Ireland
Chair & Board

