



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Julie-Ann O'Donovan** (41y) 

has successfully competed in  
**National Ice Swimming Championships**

Wild Water Armagh

25-Jan-2020

**1000m Freestyle in 19:12.95 minutes**

Overall 7th / Age Group (40-44y) 2nd

Category Women

Open Water Course

Water 5.70°C, Wind Chill 5.00°C, 54.35° N

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION