



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Patrick Montgomery (35y) 

has successfully competed in
National Ice Swimming Championships

Wild Water Armagh

25-Jan-2020

1000m Freestyle in 22:09.10 minutes

Overall 12th / Age Group (35-39y) 2nd
Category Men

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