



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Therese Barrett Tierney (52y)** 

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

Wild Water Armagh

25-Jan-2020

**1000m Freestyle in 21:33.85 minutes**

Overall 14th / Age Group (50-54y) 1st

Category Women

Certified Pool 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*

