



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Aoife McGuinness (45y) 

has successfully competed in
National Ice Swimming Championships

Wild Water Armagh

25-Jan-2020

1000m Freestyle in 17:37.25 minutes

Overall 3rd / Age Group (45-49y) 1st

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

