



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Tiffany Quinn (45y)** 

has successfully competed in

**National Ice Swimming Championships**

Wild Water Armagh

25-Jan-2020

**1000m Freestyle in 19:13.68 minutes**

Overall 8th / Age Group (45-49y) 4th

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*

