



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Henri Kaarma (40y) 

has successfully competed in
IRELAND ICE SWIMMING

Armagh, north Ireland

07-Feb-2015

1000m Freestyle in 13:53:00 minutes

Overall 1st / Age Group (40-44y) 1st


WORLD RECORD

Category Men

Pool Course

Water 3.10°C, Wind Chill 0.00°C




Ram Barkai
IISA Chair

Ireland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION