



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Noel Grimes (43y) 

has successfully competed in

International Ice Swimming Association Ireland 1K National
championships
Wild Water, Armagh

30-Jan-2016

1000m Freestyle in 21:17:00 minutes

Overall 19th / Age Group (40-44y) 5th

Category Men

Pool Course

Water 4.50°C, Wind Chill -8.00°C

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Ram Barkai
IISA Chair

Ireland
Chair & Board

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