



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lisa Carroll** (45y) 

has successfully competed in

International Ice Swimming Association Ireland 1K National  
championships

Wild Water, Armagh

30-Jan-2016


1000m Freestyle in 23:55:00 minutes

Overall 13th / Age Group (45-49y) 4th  
Category Women

Pool Course

Water 4.50°C, Wind Chill -8.00°C



  
**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION