



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ann Morrow (53y) 

has successfully competed in

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

30-Jan-2016

1000m Freestyle in 22:26:00 minutes

Overall 10th / Age Group (50-54y) 3rd

Category Women

Pool Course

Water 4.50°C, Wind Chill -8.00°C

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*R
A
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Ram Barkai
IISA Chair

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