



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Donagh Macdonagh** (40y) 

has successfully competed in

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

30-Jan-2016

1000m Freestyle in 18:59:00 minutes

Overall 16th / Age Group (40-44y) 4th

Category Men

Pool Course

Water 4.50°C, Wind Chill -8.00°C

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*R  
B*

**Ram Barkai**  
IISA Chair

*Ireland*  
Chair & Board

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