



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Gus Cooney** (66y) 

has successfully competed in

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

30-Jan-2016

1000m Freestyle in 18:26:00 minutes

Overall 13th / Age Group (65-69y) 1st

**WORLD RECORD - AGE GROUP**

Category Men

Pool Course

Water 4.50°C, Wind Chill -8.00°C

**IISA**  
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ICE SWIMMING  
ASSOCIATION



Ram Barkai  
IISA Chair

*Ireland*  
Chair & Board

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