



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Conor O Connor (61y)** 

has successfully competed in  
**Antarctica Ice Swimming Adventure 1km**

Port Lockroy Antarctica

24-Feb-2024

**1000m Freestyle in 31:11.19 minutes**

Overall 8th / Age Group (60-64y) 2nd

Category Men

Open Water Course

Water 1.00°C, Wind Chill 2.60°C, Altitude 0m, 64.82° S



  
**Ram Barkai**  
IISA Chair

*Antarctica*  
*Chair & Board*

