



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Rachel Armstrong** (39y) 

has successfully competed in  
5th World Championship - Samoens 2023

Samoens  
14-Jan-2023

100m Backstroke in 01:32.67 minutes

Overall 20th / Age Group (40-44y) 1st

**WORLD RECORD - AGE GROUP**

**WORLD CHAMPION - AGE GROUP**

Category Women

Open Water Course

Water 3.70°C, Wind Chill 2.00°C, Altitude 1000m, 46.06° N



  
**Ram Barkai**  
IISA Chair

*France*  
*Chair & Board*

