



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ellery McGowan (77y) 

has successfully competed in
Antarctica Ice Swimming Adventure - short

Detaille Island, Antarctica

22-Feb-2024

250m Freestyle in 06:12.39 minutes

Overall 2nd / Age Group (75-79y) 1st

Category Women

Open Water Course

Water 0.00°C, Wind Chill 0.00°C, Altitude 0m, 66.52° S

Below the Antarctic Circle



Ram Barkai
IISA Chair

Antarctica
Chair & Board

