



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Louise Hyder-Darlington (63y)** 

has successfully competed in  
**Antarctica Ice Swimming Adventure - short**

Detaille Island, Antarctica

22-Feb-2024

**250m Freestyle in 06:40.00 minutes**

Overall 3rd / Age Group (60-64y) 2nd


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*

