



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Jaimie Monahan** (44y) 

has successfully competed in  
7th Ice Swim in Morocco

Aguelmam Azegza Lake (Khénifra)

27-Jan-2024

500m Freestyle in 10:59.00 minutes

Overall 1st / Age Group (45-49y) 1st

Category Women

Open Water Course

Water 0.00°C, Wind Chill 0.00°C, Altitude 1475m, 32.58° N



  
**Ram Barkai**  
IISA Chair

*Morocco*  
*Chair & Board*

