



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Zoe Podmore (54y) 

has successfully competed in
7th Ice Swim in Morocco

Aguelmam Azegza Lake (Khénifra)

27-Jan-2024

50m Freestyle in 01:02.62 minutes

Overall 5th / Age Group (55-59y) 2nd

Category Women

Open Water Course

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



A stylized signature in black ink, consisting of the letters 'R', 'A', and 'B' intertwined.

Ram Barkai
IISA Chair

Morocco
Chair & Board

