



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Pollyanna Downes** (48y) 

has successfully competed in  
7th Ice Swim in Morocco

Aguelmam Azegza Lake (Khénifra)

27-Jan-2024

50m Breaststroke in 00:58.12 minutes

Overall 4th / Age Group (45-49y) 2nd

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

