



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Pauline Barker (53y) 

has successfully competed in
Amstel Ice Swim

Amsterdam

30-Dec-2017

1000m Freestyle in 29:27.63 minutes

Overall 6th / Age Group (50-54y) 2nd

Category Women

Open Water Course

Water 4.50°C, Wind Chill 0.20°C



Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION