



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Paul Bygrave** (55y) 

has successfully competed in  
**Dutch open ice swimming**  
Zwembad Waterdam Volendam  
19-Jan-2018

100m Breaststroke in 03:42.28 minutes

Overall 2nd / Age Group (55-59y) 2nd  
Category Men

Open Water Course  
Water 3.60°C, Wind Chill 0.30°C



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION