



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Martha Wood** (56y) 

has successfully competed in  
**Ice Swim in Morocco**

Aguelmam Azegza

19-Jan-2019

**Ice Mile in 22:46.02 minutes**

Overall 1st / Age Group (55-59y) 1st

Category Women

Open Water Course

Water 4.90°C, Wind Chill -1.80°C



**Ram Barkai**  
IISA Chair

*Morocco*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION