



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Theodore Hirst** (29y) 

has successfully competed in  
Ice Swim in Morocco

Aguelmam Azegza

19-Jan-2019

500m Freestyle in 09:56.07 minutes

Overall 1st / Age Group (30-34y) 1st

Category Men

Open Water Course

Water 4.90°C, Wind Chill -1.80°C



  
**Ram Barkai**  
IISA Chair

*Morocco*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION