



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ellery McGowan [old] (72y) 

has successfully competed in

IISA III World Champ Murmansk 2019 / I Arctic Cup 2019

murmansk, seymonovskoe lake, Russia

14-Mar-2019

50m Breaststroke in 01:11.48 minutes

Overall 22nd / Age Group (70-74y) 1st

WORLD RECORD - AGE GROUP

WORLD CHAMPION - AGE GROUP

Category Women

Open Water Course

Water 0.00°C, Wind Chill -6.30°C



Ram Barkai
IISA Chair

Russian Federation
Chair & Board

