



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Jaimie Monahan** (40y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, The Amstel  
28-Dec-2019

**200m Freestyle in 04:19.16 minutes**

---

Overall 7th / Age Group (40-44y) 2nd  
Category Women

Open Water Course

Water 5.30°C, Wind Chill -2.80°C

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION