



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Samantha Whelpton** (34y) 

has successfully competed in  
**Amstel Ice Swim**

Amsterdam, The Amstel  
28-Dec-2019

**100m Freestyle in 01:23.00 minutes**

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

Category Women

Open Water Course

Water 5.30°C, Wind Chill -2.80°C

N-ICE Swim (>5°C)



A handwritten signature in black ink, appearing to read 'RAB'.

**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*

