



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Martha Wood** (62y) 

has successfully competed in  
**Antarctica Nov 2024 Main 2**

Ronge Island Antarctica

13-Nov-2024

1000m Freestyle in 20:24.17 minutes

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Overall 3rd / Age Group (60-64y) 1st

Category Women

Open Water Course

Water  $-0.80^{\circ}\text{C}$ , Wind Chill  $0.00^{\circ}\text{C}$ , Altitude 0m,  $64.73^{\circ}\text{S}$



**Ram Barkai**  
IISA Chair

*Antarctica*  
*Chair & Board*

