



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Helen Manson (68y)** 

has successfully competed in  
**Swimyourswim - Swim Svalbard**

longyearbyen, Svalbard

27-May-2025

**1000m Freestyle in 26:00.00 minutes**

Overall 5th / Age Group (65-69y) 1st

Category Women

Open Water Course

Water 2.63°C, Wind Chill 0.50°C, Altitude 0m, 78.00° N

Swim Svalbard

**IISA**  
INTERNATIONAL  
ICE SWIMMING  
ASSOCIATION



**Ram Barkai**  
IISA Chair

*Great Britain*  
Chair & Board

