



# 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 Butterfly in 01:04.19 minutes

Overall 16th / 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, 68.97° N



  
Ram Barkai  
IISA Chair

*Russian Federation*  
*Chair & Board*

