



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Anel Sytdykova (46y) 

has successfully competed in
Antarctica Nov 2024 - Main 1

Port Lockroy , Antarctica
12-Nov-2024

750m Freestyle in 18:58.95 minutes

Overall 1st / Age Group (45-49y) 1st

Category Women

Open Water Course

Water -1.40°C, Wind Chill -5.60°C, Altitude 0m, 64.82° S




Ram Barkai
IISA Chair

Antarctica
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION