



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Penelope Armstrong (76y)** 

has successfully competed in  
**5th World Championship - Samoens 2023**

Samoens  
15-Jan-2023

**250m Freestyle in 06:21.38 minutes**

Overall 80th / Age Group (75-79y) 2nd

Category Women

Certified Pool Course

Water 3.70°C, Wind Chill 2.00°C, Altitude 1000m, 46.06° N



  
**Ram Barkai**  
IISA Chair

*France*  
*Chair & Board*

