



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Elizabeth Almond (49y) 

has successfully competed in
5th World Championship - Samoens 2023

Samoens
15-Jan-2023

250m Freestyle in 03:59.18 minutes

Overall 26th / Age Group (50-54y) 3rd

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

