



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Suzy Rook (37y)** 

has successfully competed in  
**Svalbard ISA 2026 test swim**

Svalbard, Longyearbyen

07-Jun-2026

**250m Freestyle in 06:28.66 minutes**

Overall 5th / Age Group (35-39y) 1st

Category Women

Open Water Course

Water 4.22°C, Wind Chill 4.50°C, Altitude 0m, 78.22° N



**Ram Barkai**  
IISA Chair

*Norway*  
*Chair & Board*

