

  
**IISA**  
The Arctic



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ellery McGowan (75y)** 

has successfully competed in  
**Svalbard Arctic Ice Swimming**

Spitsbergen Hurbour Longyearbyen Svalbard  
04-May-2022

**400m Freestyle in 09:00.52 minutes**

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Overall 1st / Age Group (75-79y) 1st

Category Women

Open Water Course

Water -1.00°C, Wind Chill -15.90°C, Altitude 0m, 78.23° N

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**Ram Barkai**  
IISA Chair

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Chair & Board

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