



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Theodore Hirst (29y)** 

has successfully competed in  
**Ice Swim in Morocco**

Aguelmam Azegza

19-Jan-2019

**500m Freestyle in 09:56.07 minutes**

Overall 1st / Age Group (30-34y) 1st

Category Men

Open Water Course

Water 4.90°C, Wind Chill -1.80°C, 32.97° N



**Ram Barkai**  
IISA Chair

*Morocco*  
*Chair & Board*

