



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Patricia Heffernan** (56y) 

has successfully competed in

**IISA III World Champ Murmansk 2019 / I Arctic Cup 2019**

murmansk, seymonovskoe lake, Russia

14-Mar-2019

**500m Freestyle in 09:34.44 minutes**

Overall 8th / Age Group (55-59y) 1st

**WORLD RECORD - AGE GROUP**

**WORLD CHAMPION - AGE GROUP**

Category Women [Disabled]

Certified Pool Course

Water 0.00°C, Wind Chill -6.30°C, 68.97° N



**Ram Barkai**  
IISA Chair

*Russian Federation*  
*Chair & Board*

