



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Elizabeth Almond (50y)** 

has successfully competed in  
**Antarctica Ice Swimming Adventure - short**

Detaille Island, Antarctica

22-Feb-2024

**200m Freestyle in 04:00.00 minutes**

Overall 1st / Age Group (50-54y) 1st

Category Women

Open Water Course

Water 0.00°C, Wind Chill 0.00°C, Altitude 0m, 66.52° S

**Below the Antarctic Circle**



**Ram Barkai**  
IISA Chair

*Antarctica*  
*Chair & Board*

