



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lorraine McGowan** (48y) 

has successfully competed in  
5th World Championship - Samoens 2023

Samoens  
14-Jan-2023

100m Freestyle in 01:31.67 minutes

Overall 51st / Age Group (45-49y) 10th

Category Women

Open Water Course

Water 3.70°C, Wind Chill 2.00°C, Altitude 1000m, 46.06° N



  
**Ram Barkai**  
IISA Chair

*France*  
*Chair & Board*

