



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



INTERNATIONAL ICE SWIMMING ASSOCIATION