



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Theodore Hirst (29y)** 

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

Aguelmam Azegza

19-Jan-2019

**50m Freestyle in 00:39.06 minutes**

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Overall 2nd / 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*

