



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ellery McGowan [old] (72y) 

has successfully competed in
IISA III World Champ Murmansk 2019 / I Arctic Cup 2019
murmansk, seymonovskoe lake, Russia
14-Mar-2019

50m Freestyle in 00:48.86 minutes

Overall 26th / Age Group (70-74y) 1st

WORLD RECORD - AGE GROUP


WORLD CHAMPION - AGE GROUP

Category Women

Open Water Course

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




Ram Barkai
IISA Chair

Russian Federation
Chair & Board

