



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Val Greenwood (66y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel

28-Dec-2019

200m Freestyle in 04:52.61 minutes

Overall 9th / Age Group (65-69y) 1st

Category Women

Open Water Course

Water 5.30°C, Wind Chill -2.80°C, 52.29° N

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Netherlands
Chair & Board

