



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ellery McGowan (75y)** 

has successfully competed in  
**IISA 4th World Championship**

Glogow, Poland

03-Feb-2022

**500m Freestyle in 12:18.78 minutes**

**Overall 32nd / Age Group (75-79y) 1st**

**WORLD RECORD - AGE GROUP**


**WORLD CHAMPION - AGE GROUP**

**Category Women**

**Open Water Course**

Water 3.00°C, Wind Chill 1.50°C, Altitude 0m, 51.39° N



  
**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*

