



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Sue Allingham (57y) 

has successfully competed in
IISA 4th World Championship

Glogow, Poland

03-Feb-2022

50m Freestyle in 00:37.19 minutes

Overall 20th / Age Group (55-59y) 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

