



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ellery McGowan** (75y) 

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

Glogow, Poland

05-Feb-2022

**50m Breaststroke in 01:18.53 minutes**

Overall 34th / 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*

