



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Sue Allingham (57y)** 

has successfully competed in  
IISA Denmark World Cup team  
Skovshoved Havn, 2920 Charlottenlund  
08-Jan-2022

250m Freestyle in 04:10.61 minutes

Overall 2nd / Age Group (55-59y) 1st


**WORLD RECORD - AGE GROUP**

Category Women

Open Water Course

Water 3.20°C, Wind Chill -2.90°C, Altitude 0m, 55.76° N



  
**Ram Barkai**  
IISA Chair

*Denmark*  
Chair & Board

