



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Rachel Armstrong** (39y) 

has successfully competed in  
**5th World Championship - Samoens 2023**

Samoens  
15-Jan-2023

**100m Individual Medley in 01:31.94 minutes**

Overall 25th / Age Group (40-44y) 3rd

Category Women

Open Water Course

Water 3.70°C, Wind Chill 2.00°C, Altitude 1000m, 46.06° N



  
**Ram Barkai**  
IISA Chair

*France*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION