



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ellery McGowan** (76y) 

has successfully competed in

**5th World Championship - Samoens 2023**

Samoens

15-Jan-2023

**250m Freestyle in 05:33.75 minutes**

Overall 72nd / Age Group (75-79y) 1st

**WORLD RECORD - AGE GROUP**

**WORLD CHAMPION - AGE GROUP**

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*

