



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Penelope Armstrong (76y) 

has successfully competed in
5th World Championship - Samoens 2023

Samoens
15-Jan-2023

250m Freestyle in 06:21.38 minutes

Overall 79th / Age Group (75-79y) 2nd
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