





## CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ellery McGowan (76y)



has successfully competed in 5th World Championship - Samoens 2023

> Samoens 14-Jan-2023

100m Freestyle in 02:00.42 minutes

Overall 88th / Age Group (75-79y) 1st

WORLD CHAMPION - AGE GROUP

Category Women

Open Water Course

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



France Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION