



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lorraine McGowan** (48y) 

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

Samoens  
15-Jan-2023

**50m Freestyle in 00:41.11 minutes**

Overall 41st / Age Group (45-49y) 6th

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