



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Jonathan Cowie** (47y) 

has successfully competed in  
**6th Ice Swim in Morocco**

Aguelmam Azagza Lake

21-Jan-2023

**200m Freestyle in 03:35.18 minutes**

Overall 3rd / Age Group (45-49y) 2nd

Category Men

Open Water Course

Water 0.00°C, Wind Chill 0.00°C, Altitude 1475m, 32.58° N



  
**Ram Barkai**  
IISA Chair

*Morocco*  
*Chair & Board*

