



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



INTERNATIONAL ICE SWIMMING ASSOCIATION