



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ella Foote** (39y) 

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

Aguelmam Azagza Lake

21-Jan-2023

**50m Breaststroke in 01:43.28 minutes**

Overall 5th / Age Group (40-44y) 1st

Category Women

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