



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Zoe Podmore (54y) 

has successfully competed in

7th Ice Swim in Morocco

Aguelmam Azegza Lake (Khénifra)

27-Jan-2024

50m Breaststroke in 01:04.21 minutes

Overall 8th / Age Group (55-59y) 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