



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Conor O Connor (61y) 

has successfully competed in
Antarctica Ice Swimming Adventure 1km

Port Lockroy Antarctica

24-Feb-2024

1000m Freestyle in 31:11.19 minutes

Overall 8th / Age Group (60-64y) 2nd

Category Men

Open Water Course

Water 1.00°C, Wind Chill 2.60°C, Altitude 0m, 64.82° S




Ram Barkai
IISA Chair

Antarctica
Chair & Board

