



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Elizabeth Almond (50y) 

has successfully competed in
Antarctica Ice Swimming Adventure 1km

Port Lockroy Antarctica

24-Feb-2024

1000m Freestyle in 17:48.09 minutes

Overall 3rd / Age Group (50-54y) 1st

Category Women

Open Water Course

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




Ram Barkai
IISA Chair

Antarctica
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION