



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Conor O Connor (61y)** 

has successfully competed in  
**Antarctica Ice Swimming Adventure - short**

Detaille Island, Antarctica

22-Feb-2024

**200m Freestyle in 04:00.00 minutes**

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

Category Men

Open Water Course

Water 0.00°C, Wind Chill 0.00°C, Altitude 0m, 66.52° S

**Below the Antarctic Circle**

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ICE SWIMMING  
ASSOCIATION

*R  
B*

**Ram Barkai**  
IISA Chair

*Antarctica*  
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INTERNATIONAL ICE SWIMMING ASSOCIATION