



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Elizabeth Almond (50y) 

has successfully competed in
Antarctica Ice Swimming Adventure - short

Detaille Island, Antarctica

22-Feb-2024

200m Freestyle in 04:00.00 minutes

Overall 5th / Age Group (50-54y) 1st

Category Women

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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Ram Barkai
IISA Chair

Antarctica
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