

## CERTIFICATE OF ACHIEVEMENT

This is to certify that

## Nichola Murch (40y) 😹

has successfully competed in IISA GB 2023 Championships

Sandford Lido 11-Feb-2023

1000m Freestyle in 15:24.75 minutes

Overall 3rd / Age Group (40-44y) 1st

Category Women

Open Water Course Water 5.47°C, Wind Chill 10.60°C, Altitude 0m N-ICE Swim (>5°C)



Ram Barkai

Great Britain Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION