



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lorraine McGowan** (48y) 

has successfully competed in  
**IISA GB 2023 Championships**

Sandford Lido

11-Feb-2023

**1000m Freestyle in 19:21.44 minutes**

Overall 15th / Age Group (45-49y) 4th


Category Women

Open Water Course

Water 5.47°C, Wind Chill 10.60°C, Altitude 0m

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Great Britain*  
*Chair & Board*

