



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Eleanor Thomas** (46y) 

has successfully competed in  
**IISA GB 2024 Championships**

Sandford Lido, Cheltenham

06-Jan-2024

**1000m Freestyle in 19:27.69 minutes**

Overall 13th / Age Group (45-49y) 3rd

Category Women

Pool Course

Water 6.87°C, Wind Chill 6.50°C, Altitude 0m, 51.89° N

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Great Britain*  
*Chair & Board*

