



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Francisco Navas (51y) 

has successfully competed in
IISA GB 2023 Championships

Sandford Lido

12-Feb-2023

250m Freestyle in 04:58.40 minutes

Overall 15th / Age Group (50-54y) 2nd
Category Men

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

