



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Jamie McHale** (50y) 

has successfully competed in  
IISA GB 2023 Championships

Sandford Lido  
12-Feb-2023

250m Freestyle in 03:10.62 minutes

Overall 3rd / Age Group (50-54y) 1st

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*

