



CERTIFICATE OF ACHIEVEMENT

This is to certify that

James Bridges (65y) 

has successfully competed in
IISA GB 2023 Championships

Sandford Lido
12-Feb-2023

250m Freestyle in 03:47.35 minutes


Overall 12th / Age Group (65-69y) 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

