



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Paul White (59y) 

has successfully competed in
IISA GB 2023 Championships

Sandford Lido

12-Feb-2023

500m Freestyle in 08:53.19 minutes

Overall 13th / Age Group (55-59y) 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

