



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Amy Mellor (43y) 

has successfully competed in
IISA GB 2023 Championships

Sandford Lido

12-Feb-2023

500m Freestyle in 08:16.78 minutes

Overall 8th / Age Group (40-44y) 2nd

Category Women

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

