



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ellery McGowan** (76y) 

has successfully competed in  
**IISA GB 2023 Championships**

Sandford Lido

12-Feb-2023

**500m Freestyle in 11:44.94 minutes**

Overall 23rd / Age Group (75-79y) 1st

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*

