



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Jamie McHale** (51y) 

has successfully competed in  
**IISA GB 2024 Championships**

Sandford Lido, Cheltenham

07-Jan-2024

**500m Freestyle in 06:40.69 minutes**

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

Category Men

Pool Course

Water 6.87°C, Wind Chill 6.50°C, Altitude 0m, 51.89° N

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Great Britain*  
*Chair & Board*

