



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Mary Swallow (27y) 

has successfully competed in
IISA GB 2024 Championships

Sandford Lido, Cheltenham

07-Jan-2024

500m Freestyle in 08:16.34 minutes

Overall 9th / Age Group (25-29y) 3rd

Category Women

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

