



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ellery McGowan (76y) 

has successfully competed in
IISA GB 2023 Championships

Sandford Lido
12-Feb-2023

100m Freestyle in 02:01.57 minutes

Overall 18th / 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

