



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Olivia Meddings (42y) 

has successfully competed in
IISA GB 2023 Championships

Sandford Lido

12-Feb-2023

100m Freestyle in 01:43.53 minutes

Overall 12th / Age Group (40-44y) 4th

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

