



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Antony Jefferys (54y) 

has successfully competed in
IISA GB 2023 Championships

Sandford Lido

12-Feb-2023

100m Breaststroke in 02:57.29 minutes

Overall 4th / Age Group (55-59y) 1st

Category Men

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

