



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Alison Howard** (36y) 

has successfully competed in  
**IISA GB Championships**

Hatfield Outdoor Activity Centre

24-Feb-2018

**1000m Freestyle in 20:22.75 minutes**

Overall 10th / Age Group (35-39y) 3rd

Category Women

Open Water Course

Water 3.60°C, Wind Chill 1.10°C



  
**Ram Barkai**  
IISA Chair

*Great Britain*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION