



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Duncan Marlow (43y) 

has successfully competed in
IISA GB Championships 2019

Hatfield Outdoor Activity Centre

05-Jan-2019

200m Freestyle in 04:29.44 minutes

Overall 6th / Age Group (40-44y) 2nd

Category Men

Open Water Course

Water 5.50°C, Wind Chill 4.50°C

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Great Britain
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION