



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Sarah Cummings** (31y) 

has successfully competed in  
**IISA GB Championships 2019**

Hatfield Outdoor Activity Centre

05-Jan-2019

**100m Freestyle in 02:12.21 minutes**

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Overall 8th / Age Group (30-34y) 1st

Category Women

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