



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Craig Holmes (36y) 

has successfully competed in
IISA GB CHAMPIONSHIPS

SANDFORD LIDO

22-Feb-2020

1000m Freestyle in 14:11.72 minutes

Overall 3rd / Age Group (35-39y) 1st

Category Men

Open Water Course

Water 6.50°C, Wind Chill 0.00°C

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Great Britain
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION