



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Paul White** (56y) 

has successfully competed in  
**IISA GB CHAMPIONSHIPS**

SANDFORD LIDO

22-Feb-2020

1000m Freestyle in 18:17.40 minutes

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Overall 20th / Age Group (55-59y) 2nd  
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