



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Laura Hardy** (35y) 

has successfully competed in  
**IISA GB CHAMPIONSHIPS**

SANDFORD LIDO

22-Feb-2020

**1000m Freestyle in 16:04.03 minutes**



Overall 5th / Age Group (35-39y) 2nd

Category Women

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