



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Mark Guest (50y) 

has successfully competed in
IISA GB CHAMPIONSHIPS

SANDFORD LIDO

22-Feb-2020

1000m Freestyle in 18:18.50 minutes

Overall 21st / Age Group (50-54y) 5th

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