



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ellery McGowan [old] (73y)** 

has successfully competed in  
**IISA GB CHAMPIONSHIPS**

SANDFORD LIDO

22-Feb-2020

**100m Freestyle in 01:49.35 minutes**

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Overall 23rd / Age Group (70-74y) 1st

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