



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Helen Blamey (30y) 

has successfully competed in
IISA GB CHAMPIONSHIPS

SANDFORD LIDO

22-Feb-2020

100m Freestyle in 01:30.12 minutes

Overall 14th / Age Group (30-34y) 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