



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Rachel Henning** (51y) 

has successfully competed in  
**IISA GB CHAMPIONSHIPS**

SANDFORD LIDO

22-Feb-2020

**100m Freestyle in 01:26.34 minutes**

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Overall 10th / Age Group (50-54y) 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