



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Alison Howard** (36y) 

has successfully competed in  
**IISA GB Championships**

Hatfield Outdoor Activity Centre  
24-Feb-2018

**1000m Freestyle in 20:22.75 minutes**

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Overall 10th / Age Group (35-39y) 3rd

Category Women

Certified Pool Course

Water 3.60°C, Wind Chill 1.10°C, 53.58° N



**Ram Barkai**  
IISA Chair

*Great Britain*  
*Chair & Board*

