



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Donald McDonald (54y) 

has successfully competed in
IISA GB CHAMPIONSHIPS

SANDFORD LIDO

22-Feb-2020

1000m Freestyle in 18:56.72 minutes

Overall 23rd / Age Group (55-59y) 3rd

Category Men

Certified Pool Course

Water 6.50°C, Wind Chill 0.00°C, 51.89° N

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

Great Britain
Chair & Board

