



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Brian Bain (63y) 

has successfully competed in
IISA GB 2023 Championships

Sandford Lido

11-Feb-2023

1000m Freestyle in 15:06.78 minutes

Overall 3rd / Age Group (60-64y) 1st

Category Men

Certified Pool Course

Water 5.47°C, Wind Chill 10.60°C, Altitude 0m

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

Great Britain
Chair & Board

