



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Elizabeth Mills (45y) 

has successfully competed in
IISA GB Championships

Rother Valley Country Park

14-Dec-2024

1000m Freestyle in 16:59.19 minutes

Overall 11th / Age Group (45-49y) 3rd

Category Women


Pool Course

Water 5.85°C, Wind Chill 11.00°C, Altitude 62m, 53.33° N

N-ICE Swim (>5°C)

IISA GB Championships




Ram Barkai
IISA Chair

Great Britain
Chair & Board

