



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**James Bridges (66y)** 

has successfully competed in  
**IISA GB Championships**

Rother Valley Country Park

15-Dec-2024

**250m Freestyle in 03:36.38 minutes**

Overall 2nd / Age Group (65-69y) 1st

Category Men


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*

