



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Susan Rutherford (60y) 

has successfully competed in
IISA GB 2023 Championships

Sandford Lido

12-Feb-2023

500m Freestyle in 10:27.78 minutes

Overall 20th / Age Group (60-64y) 5th

Category Women

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



INTERNATIONAL ICE SWIMMING ASSOCIATION