



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Lesley Higgins (54y) 

has successfully competed in
IISA GB Championships

Rother Valley Country Park

15-Dec-2024

500m Freestyle in 08:14.07 minutes

Overall 11th / Age Group (50-54y) 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

