



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Helen Hislop (53y) 

has successfully competed in
IISA GB Championships Winter 2025

Stonehaven Lido

07-Dec-2025

500m Freestyle in 07:23.03 minutes

Overall 2nd / Age Group (50-54y) 1st

Category Women

Pool Course

Water 6.60°C, Wind Chill 5.00°C, Altitude 0m, 56.58° N

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Great Britain
Chair & Board

