



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lars Mack (50y)** 

has successfully competed in  
**IISA GB Championships Winter 2025**

Stonehaven Lido

06-Dec-2025

**100m Butterfly in 01:29.41 minutes**

Overall 3rd / Age Group (50-54y) 1st

Category Men

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*

