



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Helen Manson (67y) 

has successfully competed in
IISA GB Championships

Rother Valley Country Park

15-Dec-2024

200m Individual Medley in 04:42.19 minutes

Overall 9th / Age Group (65-69y) 1st

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

