



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Sarah Elizabeth Najera Espinosa (34y) 

has successfully competed in
IISA GB Championships Winter 2025

Stonehaven Lido
07-Dec-2025

200m Individual Medley in 02:55.65 minutes

Overall 2nd / Age Group (30-34y) 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

