



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Helen Manson (68y) 

has successfully competed in
IISA GB Championships Winter 2025

Stonehaven Lido

07-Dec-2025

200m Individual Medley in 04:45.37 minutes

Overall 11th / Age Group (65-69y) 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

