



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Mel Nicholls** (46y) 

has successfully competed in  
**IISA GB 2024 Championships**

Sandford Lido, Cheltenham

07-Jan-2024

**100m Freestyle in 01:42.60 minutes**

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Overall 19th / Age Group (45-49y) 4th

Category Women

Pool Course

Water 6.87°C, Wind Chill 6.50°C, Altitude 0m, 51.89° N

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Great Britain*  
*Chair & Board*

