



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ailen Lascano Micaz (29y) 

has successfully competed in
IISA GB CHAMPIONSHIPS

SANDFORD LIDO

22-Feb-2020

100m Breaststroke in 01:45.64 minutes

Overall 3rd / Age Group (25-29y) 1st

Category Women

Open Water Course

Water 6.50°C, Wind Chill 0.00°C, 51.89° N

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Great Britain
Chair & Board

