



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Elizabeth Mills (46y) 

has successfully competed in
IISA GB Championships Winter 2025

Stonehaven Lido

06-Dec-2025

50m Breaststroke in 00:45.87 minutes

Overall 4th / Age Group (45-49y) 2nd


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

