



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Val Greenwood (65y) 

has successfully competed in
IISA GB Championships 2019

Hatfield Outdoor Activity Centre

05-Jan-2019

1000m Freestyle in 23:23.00 minutes

Overall 13th / Age Group (65-69y) 1st

Category Women

Certified Pool Course

Water 5.50°C, Wind Chill 4.50°C, 53.58° N

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Great Britain
Chair & Board

