



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**David Barlow** (57y) 

has successfully competed in

**IISA GB Championships 2019**

Hatfield Outdoor Activity Centre

05-Jan-2019

**500m Freestyle in 11:04.00 minutes**

Overall 6th / Age Group (55-59y) 1st  
Category Men

Open Water 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*

