



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Craig Holmes** (36y) 

has successfully competed in  
**IISA GB CHAMPIONSHIPS**

SANDFORD LIDO

22-Feb-2020

1000m Freestyle in 14:11.72 minutes

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Overall 3rd / Age Group (35-39y) 1st

Category Men

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*

