



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Paul White (56y) 

has successfully competed in
IISA GB CHAMPIONSHIPS

SANDFORD LIDO

22-Feb-2020

1000m Freestyle in 18:17.40 minutes

Overall 20th / Age Group (55-59y) 2nd
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



INTERNATIONAL ICE SWIMMING ASSOCIATION