



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Graham Lock (48y) 

has successfully competed in
IISA GB CHAMPIONSHIPS

SANDFORD LIDO

22-Feb-2020

1000m Freestyle in 16:01.70 minutes

Overall 11th / Age Group (45-49y) 3rd

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