



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ellery McGowan [old] (73y) 

has successfully competed in
IISA GB CHAMPIONSHIPS

SANDFORD LIDO

22-Feb-2020

500m Freestyle in 10:51.10 minutes

Overall 14th / Age Group (70-74y) 1st

Category Women

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