



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Craig Holmes (36y) 

has successfully competed in
IISA GB CHAMPIONSHIPS

SANDFORD LIDO

22-Feb-2020

200m Freestyle in 03:12.59 minutes

Overall 2nd / 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

