



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Mark Guest (50y)** 

has successfully competed in  
**IISA GB CHAMPIONSHIPS**

SANDFORD LIDO

22-Feb-2020

200m Freestyle in 04:13.36 minutes

---

Overall 6th / Age Group (50-54y) 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*

