CERTIFICATE OF ACHIEVEMENT

This is to certify that

Patricia Heffernan (60y)

has successfully competed in

IISA GB 2023 Championships

Sandford Lido

11-Feb-2023

1000m Freestyle in 23:35.00 minutes

Overall 24th / Age Group (60-64y) 5th

Category Women

Open Water Course

Water 5.47°C, Wind Chill 10.60°C, Altitude 0m

N-ICE Swim (>5°C)

Ram Barkai
IISA Chair

Great Britain
Chair & Board

INTERNATIONAL ICE SWIMMING ASSOCIATION