



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Catherine Munro** (60y) 

has successfully competed in  
**IISA GB 2023 Championships**

Sandford Lido

11-Feb-2023

**1000m Freestyle in 15:59.25 minutes**

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**Overall 6th / Age Group (60-64y) 1st**

**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