



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Craig Holmes (39y) 

has successfully competed in
IISA GB 2023 Championships

Sandford Lido

12-Feb-2023

500m Freestyle in 07:20.81 minutes

Overall 4th / Age Group (35-39y) 2nd

Category Men

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