



# 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**

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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*

