



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Brian Bain** (63y) 

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

Sandford Lido  
12-Feb-2023

**500m Freestyle in 07:26.28 minutes**

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

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*

