



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Amy Mellor** (43y) 

has successfully competed in

**IISA GB 2023 Championships**

Sandford Lido

12-Feb-2023

**500m Freestyle in 08:16.78 minutes**

Overall 8th / Age Group (40-44y) 2nd

Category Women

Open Water Course

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

**N-ICE Swim (>5°C)**

**IISA**  
INTERNATIONAL  
ICE SWIMMING  
ASSOCIATION



**Ram Barkai**  
IISA Chair

*Great Britain*  
Chair & Board

