



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ellery McGowan (76y) 

has successfully competed in

IISA GB 2023 Championships

Sandford Lido

12-Feb-2023

500m Freestyle in 11:44.94 minutes

Overall 23rd / Age Group (75-79y) 1st

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

