



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Graeme Abrahams (36y)** 

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

Sandford Lido

12-Feb-2023

**500m Freestyle in 07:25.32 minutes**

Overall 5th / Age Group (35-39y) 3rd

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*

