



CERTIFICATE OF ACHIEVEMENT

This is to certify that

James Bridges (65y) 

has successfully competed in
IISA GB 2023 Championships

Sandford Lido

12-Feb-2023

500m Freestyle in 07:50.29 minutes

Overall 8th / Age Group (65-69y) 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



INTERNATIONAL ICE SWIMMING ASSOCIATION