



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Luke Copestake** (34y) 

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

Sandford Lido

12-Feb-2023

**100m Freestyle in 01:12.59 minutes**

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