



CERTIFICATE OF ACHIEVEMENT

This is to certify that

David Rowe (49y) 

has successfully competed in
IISA GB 2024 Championships

Sandford Lido, Cheltenham

06-Jan-2024

1000m Freestyle in 20:08.31 minutes

Overall 13th / Age Group (50-54y) 5th

Category Men

Pool Course

Water 6.87°C, Wind Chill 6.50°C, Altitude 0m, 51.89° N

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

Great Britain
Chair & Board

