



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ellery McGowan** (77y) 

has successfully competed in  
**IISA GB 2024 Championships**

Sandford Lido, Cheltenham

06-Jan-2024

**50m Backstroke in 01:08.68 minutes**

Overall 18th / Age Group (75-79y) 1st

Category Women

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*



INTERNATIONAL ICE SWIMMING ASSOCIATION