



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ben Baker (37y) 

has successfully competed in
IISA GB 2024 Championships

Sandford Lido, Cheltenham

07-Jan-2024

500m Freestyle in 07:14.14 minutes

Overall 3rd / Age Group (35-39y) 1st

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

