



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Mary Swallow** (27y) 

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

Sandford Lido, Cheltenham

07-Jan-2024

**500m Freestyle in 08:16.34 minutes**

Overall 9th / Age Group (25-29y) 3rd

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*

