



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ellery McGowan (77y) 

has successfully competed in
IISA GB 2024 Championships

Sandford Lido, Cheltenham

07-Jan-2024

100m Freestyle in 02:01.43 minutes

Overall 23rd / 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

