



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Paul White** (60y) 

has successfully competed in  
**IISA GB Championships**

Rother Valley Country Park

15-Dec-2024

**500m Freestyle in 08:07.03 minutes**

Overall 7th / Age Group (60-64y) 2nd

Category Men


Pool Course

Water 5.85°C, Wind Chill 11.00°C, Altitude 62m, 53.33° N

**N-ICE Swim (>5°C)**

**IISA GB Championships**



  
**Ram Barkai**  
IISA Chair

*Great Britain*  
*Chair & Board*

