



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Laura Hardy (40y) 

has successfully competed in
IISA GB Championships

Rother Valley Country Park

15-Dec-2024

500m Freestyle in 07:45.80 minutes

Overall 7th / Age Group (40-44y) 2nd

Category Women

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

