



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Luke Copestake** (36y) 

has successfully competed in  
**IISA GB Championships**

Rother Valley Country Park

15-Dec-2024

**500m Freestyle in 07:43.60 minutes**

Overall 4th / Age Group (35-39y) 1st

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**

**IISA**  
INTERNATIONAL  
ICE SWIMMING  
ASSOCIATION



**Ram Barkai**  
IISA Chair

*Great Britain*  
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION