



# 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

100m Freestyle in 01:19.44 minutes

Overall 4th / Age Group (60-64y) 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**



Ram Barkai  
IISA Chair

*Great Britain*  
*Chair & Board*

