



# 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

**100m Freestyle in 01:24.32 minutes**

Overall 10th / Age Group (40-44y) 3rd

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

