



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Jonas Coene (34y)** 

has successfully competed in  
**IISA GB Championships Winter 2025**

Stonehaven Lido

07-Dec-2025

**200m Individual Medley in 02:59.53 minutes**

Overall 3rd / Age Group (30-34y) 2nd

Category Men

Pool Course

Water 6.60°C, Wind Chill 5.00°C, Altitude 0m, 56.58° N

**N-ICE Swim (>5°C)**



**Ram Barkai**  
IISA Chair

*Great Britain*  
*Chair & Board*

