



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Laura Knowles (40y) 

has successfully competed in
Ice Cup & GB Ice Swimming Championships 2017

The Cruin, Loch Lomond, Scotland

11-Feb-2017

500m Freestyle in 15:57.00 minutes

Overall 6th / Age Group (40-44y) 1st

Category Women

Open Water Course

Water 4.20°C, Wind Chill 0.90°C




Ram Barkai
IISA Chair

Great Britain
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION