



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Helen Conway (48y) 

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

The Cruin, Loch Lomond, Scotland

11-Feb-2017

100m Freestyle in 04:13.00 minutes

Overall 10th / Age Group (45-49y) 3rd

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