



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Douglas Forbes (54y)** 

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

The Cruin, Loch Lomond, Scotland

11-Feb-2017

100m Freestyle in 03:03.12 minutes

Overall 6th / Age Group (55-59y) 2nd

Category Men

Open Water Course

Water 4.20°C, Wind Chill 0.90°C



  
**Ram Barkai**  
IISA Chair

*Great Britain*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION