



# 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, 56.02° N



  
**Ram Barkai**  
IISA Chair

*Great Britain*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION