



# 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, 56.02° N

**IISA**  
INTERNATIONAL  
ICE SWIMMING  
ASSOCIATION



Ram Barkai  
IISA Chair

*Great Britain*  
Chair & Board

