



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, 56.02° N




Ram Barkai
IISA Chair

Great Britain
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION