



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Val Smith (53y) 

has successfully competed in

Ice Cup & GB Ice Swimming Championships 2017

The Cruin, Loch Lomond, Scotland

11-Feb-2017

100m Breaststroke in 03:25.00 minutes

Overall 4th / Age Group (50-54y) 2nd

Category Women

Open Water Course

Water 4.20°C, Wind Chill 0.90°C, 56.02° N

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IISA Chair

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