



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Mike Cochrane (40y) 

has successfully competed in
Lake Lyndon Camp

Lake Lyndon NZ

21-Jul-2021

1000m Freestyle in 18:23.00 minutes

Overall 2nd / Age Group (40-44y) 1st

Category Men

Open Water Course

Water 4.00°C, Wind Chill 1.60°C




Ram Barkai
IISA Chair

New Zealand
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION