



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Adam Cook (33y) 

has successfully competed in
IISA GB Championships 2022

Welton Waters Adventure Centre, Common Lane, Welton, Brough, East
Yorkshire, HU15 1PT

10-Dec-2022

250m Freestyle in 04:21.00 minutes

Overall 8th / Age Group (30-34y) 2nd
Category Men

Open Water Course

Water 2.20°C, Wind Chill 1.50°C, Altitude 0m, 53.71° N

IISA
INTERNATIONAL
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ASSOCIATION



Ram Barkai
IISA Chair

Great Britain
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION