



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Chris Cook (45y) 

has successfully competed in
IISA GB Championships Winter 2025

Stonehaven Lido

06-Dec-2025

50m Freestyle in 00:29.28 minutes

Overall 3rd / Age Group (45-49y) 1st

Category Men

Pool Course

Water 6.60°C, Wind Chill 5.00°C, Altitude 0m, 56.58° N

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

Great Britain
Chair & Board

