



# 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  
ICE SWIMMING  
ASSOCIATION



**Ram Barkai**  
IISA Chair

*Great Britain*  
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION