



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Adam Cook (34y) 

has successfully competed in
IISA GB 2024 Championships

Sandford Lido, Cheltenham

07-Jan-2024

100m Freestyle in 01:18.66 minutes

Overall 14th / Age Group (35-39y) 5th

Category Men

Pool Course

Water 6.87°C, Wind Chill 6.50°C, Altitude 0m, 51.89° N

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Great Britain
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION