



# 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*

