



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Chris Cook** (45y) 

has successfully competed in  
**IISA GB Championships Winter 2025**

Stonehaven Lido

07-Dec-2025

**250m Freestyle in 03:09.44 minutes**

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Overall 1st / 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*

