



# CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Chris Cook** (44y) 

has completed a swim observed by IISA:

Date: 03-Jan-2025

Venue: St Andrews Lake

Distance: 1995 metres

Swim Time: 00:30:49.00

Water Temp: 7.10°C

Wind Chill: 0.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Nigel Robson  
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**