



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Chris Cook (43y) 

has completed a swim observed by IISA:

Date: 24-Nov-2023

Venue: St Andrews Lake

Distance: 3184 metres

Swim Time: 00:53:25.00

Water Temp: 9.90°C

Wind Chill: 4.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Nigel Robson
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION