



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Chris Cook (42y) 

has completed a swim observed by IISA:

Date: **22-Jan-2023**

Venue: **Holborough Lake**

Distance: **1059 metres**

Swim Time: **00:16:47.00**

Water Temp: **4.90°C**

Wind Chill: **1.00°C**

Altitude: **Sea Level metres**

Stroke: **Crawl**

Observer: **Nigel Robson**
Great Britain

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION