



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Adam Cook (29y) 

has completed a swim observed by IISA:

Date: **01-Dec-2018**

Venue: **Harthill Reservoir**

Distance: **1500 metres**

Swim Time: **00:33:14.00**

Water Temp: **7.50°C**

Wind Chill: **10.00°C**

Stroke: **Crawl**

Observer: **Jonathan Dyson**
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION