



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Adam Cook** (33y) 

has completed a swim observed by IISA:

Date: 26-Nov-2022

Venue: Thrybergh Country Park

Distance: 2099 metres

Swim Time: 00:46:07.00

Water Temp: 9.00°C

Wind Chill: 11.50°C

Stroke: Crawl

Observer: Jonathan Dyson  
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**