



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Adam Cook (33y) 

has completed a swim observed by IISA:

Date: 03-Dec-2022

Venue: Thrybergh Country Park

Distance: 1854 metres

Swim Time: 00:40:09.00

Water Temp: 7.80°C

Wind Chill: 7.00°C

Stroke: Crawl

Observer: Robyn Dyson
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION