



## 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**