



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Adam Cook (34y) 

has completed a swim observed by IISA:

Date: **05-Dec-2023**

Venue: **Manvers Waterfront Boat Club**

Distance: **1389 metres**

Swim Time: **00:27:52.00**

Water Temp: **5.40°C**

Wind Chill: **4.00°C**

Altitude: **Sea Level metres**

Stroke: **Crawl**

Observer: **Michael Cook**
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION