



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Adam Cook** (34y) 

has completed a swim observed by IISA:

Date: **09-Dec-2023**

Venue: **Thrybergh Country Park**

Distance: **1725 metres**

Swim Time: **00:34:38.00**

Water Temp: **5.40°C**

Wind Chill: **11.00°C**

Altitude: **Sea Level metres**

Stroke: **Crawl**

Observer: **Jonathan Dyson**  
**Great Britain**

**KEEP SAFETY AND INTEGRITY IN THE ICE**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**