**Stephen Leyland Swim Profile – evidence of cold water (1 Month)**

**Sunday December 4th 2022**



<https://connect.garmin.com/modern/activity/10083348844>

Map

Description automatically generated

Graphical user interface, application

Description automatically generated

**Friday 2nd December 2022**



<https://connect.garmin.com/modern/activity/10072360495>

Graphical user interface

Description automatically generated with medium confidence

Graphical user interface, application

Description automatically generated

**Sunday 20th November 2022**



[**https://connect.garmin.com/modern/activity/10007597131**](https://connect.garmin.com/modern/activity/10007597131)

Map

Description automatically generated

Graphical user interface, application

Description automatically generated

**Saturday 19th November 2022 – Swim Your Swim**



[**https://connect.garmin.com/modern/activity/10001445274**](https://connect.garmin.com/modern/activity/10001445274)

Graphical user interface, application

Description automatically generated

Graphical user interface, application

Description automatically generated