



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Lucy Ashdown Parkes (46y) 

has completed a swim observed by IISA:

Date: **24-Dec-2021**

Venue: **Hurst Park River Thames**

Distance: **1500 metres**

Swim Time: **00:37:48.00**

Water Temp: **6.90°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

Observer: **jon southey**
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION