



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Hildi Mitchell** (52y) 

has completed a swim observed by IISA:

Date: 15-Jan-2023

Venue: Parliament Hill Lido, London

Distance: 1769 metres

Swim Time: 00:39:08.00

Water Temp: 7.10°C

Wind Chill: 8.00°C

Stroke: Crawl

Observer: Joanna Stokoe  
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**