



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Amanda Holland** (52y) 

has completed a swim observed by IISA:

Date: 21-Jan-2023

Venue: Parliament Hill Lido

Distance: 144 metres

Swim Time: 00:02:10.00

Water Temp: 3.00°C

Wind Chill: 0.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Andrew Butler  
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**