



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Craig Holmes** (34y) 

has completed a swim observed by IISA:

Date: 19-Jan-2019

Venue: Parliament Hill Lido

Distance: 915 metres

Swim Time: 00:13:44.00

Water Temp: 5.00°C

Wind Chill: 6.00°C

Stroke: Crawl

Observer: **Jeremy Irvine**  
Great Britain

KEEP SAFTEY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**