



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Craig Holmes (38y) 

has completed a swim observed by IISA:

Date: 21-Jan-2023

Venue: Parliament Hill Lido

Distance: 793 metres

Swim Time: 00:12:58.00

Water Temp: 3.00°C

Wind Chill: 3.00°C

Stroke: Crawl

Observer: **Jeremy Irvine**
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION