



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