



# CERTIFICATE OF ACHEIVCMENET

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 SAFTEY AND INTEGRITY IN THE ICE**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**