



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**kareena parkes** (42y) 

has successfully competed in  
**Ice Cup & GB Ice Swimming Championships 2017**

The Cruin, Loch Lomond, Scotland

11-Feb-2017

**1000m Freestyle in 31:11.00 minutes**

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Overall 12th / Age Group (40-44y) 2nd

Category Women

Open Water Course

Water 4.20°C, Wind Chill 0.90°C, 56.02° N

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**Ram Barkai**  
IISA Chair

*Great Britain*  
*Chair & Board*

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