



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

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

Category Women

Open Water Course

Water 4.20°C, Wind Chill 0.90°C




Ram Barkai
IISA Chair

Great Britain
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION