



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**kareena parkes (43y)** 

has successfully competed in  
Dutch open ice swimming  
Zwembad Waterdam Volendam  
19-Jan-2018

**Ice Mile in 43:03.02 minutes**

Overall 8th / Age Group (40-44y) 2nd  
Category Women

Open Water Course

Water 3.60°C, Wind Chill 0.30°C



  
**Ram Barkai**  
IISA Chair

*Netherlands*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION