



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**kareena parkes** (41y) 

has completed a swim observed by IISA:

Date: **31-Jan-2016**

Venue: **Kit Hill Cornwall**

Distance: **1000 metres**

Swim Time: **00:26:00.00**

Water Temp: **6.00°C**

Wind Chill: **4.00°C**

Stroke: **Crawl**

Observer: **Pauline Barker**  
**Great Britain**

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**