



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

kareena parkes (43y) 

has completed a swim observed by IISA:

Date: 16-Dec-2017

Venue: lake 32 cirenseter

Distance: 800 metres

Swim Time: 00:20:00.00

Water Temp: 2.50°C

Wind Chill: 2.50°C

Stroke: Crawl

Observer: Pauline Barker
Great Britain

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION