



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**kareena parkes** (45y) 

has completed a swim observed by IISA:

Date: 18-Jan-2020

Venue: Parliament Hill London

Distance: 1037 metres

Swim Time: 00:00:26.00

Water Temp: 7.00°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Katherine Short  
Great Britain

KEEP SAFTEY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**