CERTIFICATE OF ACHIEVEMENT

This is to certify that

kareena parkes (45y)

has successfully competed in

IISA GB CHAMPIONSHIPS

SANDFORD LIDO

22-Feb-2020

500m Freestyle in 11:54.16 minutes

Overall 17th / Age Group (45-49y) 1st

Category Women

Open Water Course

Water 6.50°C, Wind Chill 0.00°C, 51.89° N

N-ICE Swim (>5°C)

Ram Barkai
IISA Chair

Great Britain
Chair & Board

INTERNATIONAL ICE SWIMMING ASSOCIATION