



CERTIFICATE OF ACHIEVEMENT

This is to certify that

kareena parkes (41y) 

has successfully competed in
IISA Great Britain IK Open.

Andark Lake, Southampton, UK

20-Feb-2016

1000m Freestyle in 23:46:00 minutes

Overall 16th / Age Group (40-44y) 4th

Category Women

Open Water Course

Water 5.00°C, Wind Chill 0.00°C




Ram Barkai
IISA Chair

Great Britain
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION