



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 SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION