



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 SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION