



## 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**