



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Cath Pendleton (47y) 

has successfully competed in

IISA III World Champ Murmansk 2019 / I Arctic Cup 2019

murmansk, seymonovskoe lake, Russia

14-Mar-2019

1000m Freestyle in 20:09.47 minutes

Overall 28th / Age Group (45-49y) 3rd

Category Women

Open Water Course

Water 0.00°C, Wind Chill -6.30°C




Ram Barkai
IISA Chair

Russian Federation
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION