



# 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

**500m Freestyle in 10:00.50 minutes**

Overall 11th / Age Group (45-49y) 1st

**WORLD CHAMPION - AGE GROUP**

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