



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Cath Pendleton (47y) 

has successfully competed in
Amstel Ice Swim

Amsterdam, The Amstel
28-Dec-2019

1000m Freestyle in 23:29.60 minutes

Overall 11th / Age Group (45-49y) 4th

Category Women

Open Water Course

Water 5.30°C, Wind Chill -2.80°C

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Netherlands
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION