



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Rachel Wallbank** (46y) 

has completed a swim observed by IISA:

Date: 02-Nov-2018

Venue: Jepson\'s Pond

Distance: 500 metres

Swim Time: 00:20:00.00

Water Temp: 5.40°C

Wind Chill: 7.00°C

Stroke: Breast

Observer: Cath Pendleton  
Great Britain

KEEP SAFTEY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**