



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Rachel Wallbank** (46y) 

has completed a swim observed by IISA:

Date: 24-Jan-2019

Venue: Keepers Pond, Blaenavon

Distance: 500 metres

Swim Time: 00:00:14.00

Water Temp: 0.60°C

Wind Chill: 0.00°C

Stroke: Breast

Observer: Cath Pendleton  
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**