



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Cath Pendleton (43y)** 

has successfully competed in  
**IISA Great Britain IK Open.**

Andark Lake, Southampton, UK

20-Feb-2016

1000m Freestyle in 19:24:00 minutes

Overall 8th / Age Group (40-44y) 2nd

Category Women

Open Water Course

Water 5.00°C, Wind Chill 0.00°C



  
**Ram Barkai**  
IISA Chair

*Great Britain*  
*Chair & Board*

