



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Cath Pendleton (46y) 

has completed a swim observed by IISA:

Date: 01-Nov-2018

Venue: Keepers Pond, Blaenavon

Distance: 1122 metres

Swim Time: 00:00:23.14

Water Temp: 4.90°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Tom Chapman
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION