



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Cath Pendleton (44y) 

has completed a swim observed by IISA:

Date: **20-Nov-2016**

Venue: **Keepers Pond, Blaenavon**

Distance: **1005 metres**

Swim Time: **00:23:04.00**

Water Temp: **2.30°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

Observer: **Philip Sharratt**
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION