



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Cath Pendleton (45y) 

has completed a swim observed by IISA:

Date: 18-Nov-2017

Venue: Keepers Pond Blaenavon

Distance: 1000 metres

Swim Time: 00:19:42.00

Water Temp: 5.10°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Viki Brice
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION