



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Cath Pendleton (45y) 

has completed a swim observed by IISA:

Date: 12-Nov-2017

Venue: Keepers Pond, Blaenavon

Distance: 1399 metres

Swim Time: 00:00:29.13

Water Temp: 5.80°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Viki Brice
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION