



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Susan Rutherford (57y) 

has completed a swim observed by IISA:

Date: **08-Mar-2020**

Venue: **Keepers Pond. Blaenavon**

Distance: **1090 metres**

Swim Time: **00:23:00.00**

Water Temp: **4.20°C**

Wind Chill: **5.00°C**

Stroke: **Crawl**

Observer: **Kate Steels**
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION