



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