



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Cath Pendleton (43y)** 

has completed a swim observed by IISA:

Date: 17-Jan-2016

Venue: Llanwuno Reservoir 1KM

Distance: 1055 metres

Swim Time: 00:24:33.00

Water Temp: 4.20°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Mark Stephen  
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**