



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