



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Rosalind Edmonds (55y) 

has completed a swim observed by IISA:

Date: **30-Jan-2016**

Venue: **Keepers Pond, Blaenavon**

Distance: **1200 metres**

Swim Time: **00:28:53.00**

Water Temp: **4.50°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

Observer: **Andrew Holder**
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION