



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Rachel Wallbank (46y) 

has completed a swim observed by IISA:

Date: **24-Jan-2019**

Venue: **Keepers Pond, Blaenavon**

Distance: **500 metres**

Swim Time: **00:00:14.00**

Water Temp: **0.60°C**

Wind Chill: **0.00°C**

Stroke: **Breast**

Observer: **Cath Pendleton**
Great Britain

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION