



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Alistair Bell** (32y) 

has completed a swim observed by IISA:

Date: **23-Dec-2018**

Venue: **Keepers pond Blaenavon**

Distance: **1011 metres**

Swim Time: **00:00:21.54**

Water Temp: **5.90°C**

Wind Chill: **8.00°C**

Stroke: **Crawl**

Observer: **Cath Pendleton**  
**Great Britain**

**KEEP SAFETY AND INTEGRITY IN THE ICE**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**