



CERTIFICATE OF MEMBERSHIP

This is to certify that

Adam Cook

ICE ID : 285 - ICE MILE : 1

has successfully qualified as an ICE member of the

INTERNATIONAL ICE SWIMMING ASSOCIATION

by completing a minimum of One Statute mile [1609m] in water temperature
of 5.00°C or lower



Harthill Reservoir, UK

26-Jan-2019

1.0600 mile / 1.71km in 40:00 minutes

Water 4.60°C, Wind Chill 5.30°C, 53.32° N

YOU ARE OFFICIALLY FROZEN

A handwritten signature in black ink, appearing to read "RAB".

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

