



CERTIFICATE OF MEMBERSHIP

This is to certify that
Helen Beveridge

ICE ID : 59 - 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



Loch Achilty, Scotland
03-Mar-2013

1.0600 mile / 1.71km in 39:07 minutes

Water 2.83°C, Wind Chill 8.00°C, 57.57° N

YOU ARE OFFICIALLY FROZEN

Ram Barkai (Chairman)



INTERNATIONAL ICE SWIMMING ASSOCIATION
www.internationaliceswimming.com

