



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Adam Boon**

ICE ID : 293 - ICE MILE : 2

has successfully completed an ICE Mile according to the

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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



Melton Mowbray, Leicestershire - UK

07-Mar-2020

1.1700 mile / 1.88km in 36:29 minutes

Water 4.77°C, Wind Chill 3.10°C, 52.77° N

YOU ARE OFFICIALLY FROZEN

A handwritten signature in black ink, appearing to read "RAB", written over a blue background.

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

[www.internationaliceswimming.com](http://www.internationaliceswimming.com)

