



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Karen Ennis**

ICE ID : 302 - 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



**Grunnfjord Tromso Norway N70.01**

**19-Feb-2020**

1.0000 mile / 1.61km in 39:26 minutes

Water 3.83°C, Wind Chill -9.00°C, 70.01° N

**YOU ARE OFFICIALLY FROZEN**

Polar ICE MILE

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

**Ram Barkai (Chairman)**



**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

