



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Joseph Pascall

ICE ID : 365 - 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



Lake Crackenback NSW, Australia

08-Aug-2020

1.0000 mile / 1.61km in 26:10 minutes

Water 1.93°C, Wind Chill 0.70°C, 36.44° S

YOU ARE OFFICIALLY FROZEN

Extreme ICE MILE

A handwritten signature in black ink, consisting of the letters "R", "A", and "B" intertwined.

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

