



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Susan Sherwen**

ICE ID : 419 - 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



Blue Lake, St Bathans, Otago, New Zealand

07-Jul-2023

1.2427 mile / 2km in 40:52 minutes

Water 3.43°C, Wind Chill 4.00°C, Altitude 576m, 44.87° S

**YOU ARE OFFICIALLY FROZEN**

Extreme ICE MILE

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)

