



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Elaine K Howley**

ICE ID : 28 - 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



Pleasure Bay, South Boston, Massachusetts, USA

19-Feb-2023

1.0200 mile / 1.64km in 34:53 minutes

Water 4.17°C, Wind Chill 4.10°C, Altitude 0m, 42.33° 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)

