



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Paul Duffield

ICE ID : 34 - 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



Gellatly Bay, West Kelowna, Canada

02-Mar-2013

1.4400 mile / 2.32km in 54:02 minutes

Water 4.00°C, Wind Chill 0.00°C, 49.82° N

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

