



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Cath Pendleton**

ICE ID : 147 - 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



Eastern Bay, Lough Dan, Ireland

04-Feb-2017

1.0000 mile / 1.61km in 35:06 minutes

Water 4.53°C, Wind Chill 9.00°C

**YOU ARE OFFICIALLY FROZEN**

A handwritten signature in black ink, appearing to read "RAB". The signature is stylized and slanted.

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

