



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ryan Stramrood**

ICE ID : 4 - ICE MILE : 3

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



Fraserburg, RSA

15-Jul-2012

1.0000 mile / 1.61km in 26:18 minutes

Water 1.70°C, Wind Chill -5.00°C, 31.91° S

**YOU ARE OFFICIALLY FROZEN**

Extreme ICE MILE

A handwritten signature in black ink, appearing to read "RAB".

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

