



## CERTIFICATE OF ACHIEVEMENT

This is to certify that  
**Jaimie Monahan**

ICE ID : 178 - ICE MILE : 4

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



**Mikkelvik Brygge, Karlsøy, Norway**  
**04-Mar-2017**

**1.1100 mile / 1.79km in 32:09 minutes**

**Water 2.37°C, Wind Chill -3.50°C, 70.01° N**

**YOU ARE OFFICIALLY FROZEN**

**Polar ICE MILE**

A handwritten signature in black ink, appearing to read "RAB", written over a blue diagonal line.

**Ram Barkai (Chairman)**



**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

