



CERTIFICATE OF ACHIEVEMENT

This is to certify that
Fergil Hesterman

ICE ID : 148 - ICE MILE : 5

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



Mountains of Lesotho, Africa

16-Jun-2018

1.0000 mile / 1.61km in 21:51 minutes

Water 3.00°C, Wind Chill 7.50°C, Altitude 3320m, 29.61° S

YOU ARE OFFICIALLY FROZEN

Extreme, 5+ 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

