



CERTIFICATE OF ACHIEVEMENT

This is to certify that

David Coleman

ICE ID : 190 - 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



The Falcon, Castle Ashby, Northamptonshire, UK
24-Jan-2022

1.0300 mile / 1.66km in 43:09 minutes

Water 4.00°C, Wind Chill 3.00°C, Altitude 72m, 52.13° N

YOU ARE OFFICIALLY FROZEN

5+ ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

