



CERTIFICATE OF MEMBERSHIP

This is to certify that

Ryan Stramrood

ICE ID : 4 - ICE MILE : 1

has successfully qualified as an ICE member of 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

17-Jul-2010

1.0000 mile / 1.61km in 28:00 minutes

Water 4.50°C, Wind Chill 5.00°C

YOU ARE OFFICIALLY FROZEN

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

