



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ryan Stramrood

ICE ID : 4 - 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



Neko Harbour, Antarctica

02-Mar-2014

1.0000 mile / 1.61km in 32:08 minutes

Water -1.00°C, Wind Chill 0.00°C, 64.90° S

YOU ARE OFFICIALLY FROZEN

Extreme, Polar, Zero 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

