



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Craig Lenning**

ICE ID : 7 - ICE MILE : 2

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



**Chatfield Gravel Pond, Littleton, CO USA**

**11-Dec-2021**

**1.0100 mile / 1.63km in 38:17 minutes**

Water 3.40°C, Wind Chill 2.80°C, Altitude 1655m, 39.55° N

**YOU ARE OFFICIALLY FROZEN**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

