



CERTIFICATE OF MEMBERSHIP

This is to certify that

Helen Smith

ICE ID : 299 - 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



Andark Lake, Southampton, England

10-Feb-2019

1.0000 mile / 1.61km in 44:34 minutes

Water 4.97°C, Wind Chill 3.70°C

YOU ARE OFFICIALLY FROZEN

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

