

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Helen Smith

ICE ID : 299 - 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

Hatfield Outdoor Leisure Centre, Doncaster, UK 16-Feb-2019

1.0000 mile / 1.61km in 44:19 minutes Water 4.57°C, Wind Chill 8.10°C

YOU ARE OFFICIALLY FROZEN

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION www.internationaliceswimming.com