



CERTIFICATE OF MEMBERSHIP

This is to certify that

Charmian Frend

ICE ID : 370 - 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



Thredbo pondage, NSW, Australia

20-Aug-2020

1.0000 mile / 1.61km in 35:57 minutes

Water 3.90°C, Wind Chill -1.30°C

YOU ARE OFFICIALLY FROZEN

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

