



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Charmian Frend**

ICE ID : 370 - 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



Lake Crackenback, NSW, Australia

23-Aug-2020

1.2500 mile / 2.01km in 37:04 minutes

Water 4.07°C, Wind Chill 4.80°C

**YOU ARE OFFICIALLY FROZEN**

Extreme ICE MILE

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

