



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Paul Duffield**

ICE ID : 34 - 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



Gellatly Bay, West Kelowna, Canada

02-Mar-2013

1.4400 mile / 2.32km in 54:02 minutes

Water 4.00°C, Wind Chill 0.00°C

**YOU ARE OFFICIALLY FROZEN**

Extreme ICE MILE

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

