



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Cath Pendleton**

ICE ID : 147 - ICE MILE : 4

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



Volendam, Holland

19-Jan-2018

1.0000 mile / 1.61km in 32:26 minutes

Water 3.93°C, Wind Chill 0.90°C

**YOU ARE OFFICIALLY FROZEN**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

