



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Cath Pendleton

ICE ID : 147 - ICE MILE : 5

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



Bardowie Loch, Scotland

10-Feb-2018

1.0000 mile / 1.61km in 34:07 minutes

Water 3.30°C, Wind Chill -0.70°C

YOU ARE OFFICIALLY FROZEN

5+ ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

