



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Cath Pendleton

ICE ID : 147 - ICE MILE : 7

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 Aguelmam Azegza, Morocco

31-Jan-2020

1.0000 mile / 1.61km in 38:33 minutes

Water 4.77°C, Wind Chill 1.40°C

YOU ARE OFFICIALLY FROZEN

5+ ICE MILE

A handwritten signature in black ink, appearing to read "RAB".

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

