



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Cath Pendleton**

ICE ID : 147 - ICE MILE : 8

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



**Hanusse Bay, Antarctica**

**22-Feb-2020**

**1.0000 mile / 1.61km in 32:54 minutes**

**Water 0.03°C, Wind Chill -3.20°C, 66.60° S**

**YOU ARE OFFICIALLY FROZEN**

**Extreme, Polar, Zero, 5+ ICE MILE**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

