



## 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

A handwritten signature in black ink, consisting of the letters "R", "A", and "B" intertwined.

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

