



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ger Kennedy**

ICE ID : 55 - ICE MILE : 13

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



Paradise Bay, Antarctica

24-Feb-2020

1.0300 mile / 1.66km in 34:02 minutes

Water 0.53°C, Wind Chill -1.10°C, 64.90° S

**YOU ARE OFFICIALLY FROZEN**

Extreme, Polar, Zero, 10+ 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)

