



## CERTIFICATE OF MEMBERSHIP

This is to certify that  
**Lindsay De Kock**

ICE ID : 62 - ICE MILE : 1

has successfully qualified as an ICE member of the  
**INTERNATIONAL ICE SWIMMING ASSOCIATION**

by completing a minimum of One Statute mile [1609m] in water temperature  
of 5.00°C or lower



**Matroosberg Dam, South Africa**  
**24-Aug-2013**

**1.0000 mile / 1.61km in 34:25 minutes**

**Water 3.00°C, Wind Chill -2.00°C**

**YOU ARE OFFICIALLY FROZEN**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

