



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Pauline Barker

ICE ID : 72 - ICE MILE : 3

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



Lough Dan. Co. Wicklow. Republic of Ireland

14-Feb-2015

1.0000 mile / 1.61km in 44:27 minutes

Water 3.80°C, Wind Chill 5.60°C

YOU ARE OFFICIALLY FROZEN

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

