



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Pauline Barker**

ICE ID : 72 - ICE MILE : 4

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



**Kit Hill Quarry, Cornwall, England**

**17-Jan-2016**

**1.0000 mile / 1.61km in 45:00 minutes**

**Water 4.73°C, Wind Chill 0.00°C**

**YOU ARE OFFICIALLY FROZEN**

**Extreme ICE MILE**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

