



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Pauline Barker

ICE ID : 72 - ICE MILE : 5

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



Harthill reservoir, Yorkshire, England

23-Nov-2016

1.0000 mile / 1.61km in 52:00 minutes

Water 4.73°C, Wind Chill 4.00°C

YOU ARE OFFICIALLY FROZEN

Extreme, 5+ ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

