



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Kieron Palframan (38y)** 

has successfully competed in  
Tyumen ice swimming

Tyumen russia

16-Dec-2012

1000m Freestyle in 15:29.29 minutes

Overall 2nd / Age Group (35-39y) 2nd  
Category Men

Open Water Course

Water 0.00°C, Wind Chill -33.00°C, 57.16° N



  
Ram Barkai  
IISA Chair

*Russian Federation*  
*Chair & Board*

