



## CERTIFICATE OF MEMBERSHIP

This is to certify that  
**Susan Rutherford**

ICE ID : 499 - 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



**Andark Lake, Southampton, UK**  
**10-Feb-2023**

**1.0100 mile / 1.63km in 42:10 minutes**  
Water 4.43°C, Wind Chill 7.50°C, Altitude 30m, 50.52° N

**YOU ARE OFFICIALLY FROZEN**

**Ram Barkai (Chairman)**



**INTERNATIONAL ICE SWIMMING ASSOCIATION**  
[www.internationaliceswimming.com](http://www.internationaliceswimming.com)

