



## CERTIFICATE OF MEMBERSHIP

This is to certify that

**Lisa Holland**

ICE ID : 641 - 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



**Thredbo River Pondage NSW Australia**

**23-Aug-2025**

1.0066 mile / 1.62km in 42:27 minutes

Water 4.37°C, Wind Chill 8.00°C, Altitude 1352m, 36.50° S

**YOU ARE OFFICIALLY FROZEN**

A handwritten signature in black ink, appearing to read "RAB".

**Ram Barkai (Chairman)**



**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

