



CERTIFICATE OF MEMBERSHIP

This is to certify that

Paul Fowler

ICE ID : 70 - 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



Shallow water lake, Lincolnshire, UK

29-Dec-2013

1.0000 mile / 1.61km in 29:53 minutes

Water 4.30°C, Wind Chill 2.00°C, 52.95° N

YOU ARE OFFICIALLY FROZEN

A handwritten signature in black ink, consisting of the letters "R", "A", and "B" intertwined.

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

