



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Adam Cook**

ICE ID : 285 - ICE MILE : 2

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, Sheffield, England**

**31-Jan-2026**

**1.0066 mile / 1.62km in 32:16 minutes**

**Water 4.83°C, Wind Chill 8.30°C, Altitude 100m, 53.32° N**

**YOU ARE OFFICIALLY FROZEN**

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

**Ram Barkai (Chairman)**



**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

