



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Tim Stiff**

ICE ID : 8 - 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



**Fraserburg, RSA**

**15-Jul-2012**

1.0000 mile / 1.61km in 25:55 minutes

Water 1.70°C, Wind Chill -5.00°C, 31.91° S

**YOU ARE OFFICIALLY FROZEN**

Extreme ICE MILE

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

