



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Karen Ennis

ICE ID : 302 - 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



Grunnfjord Tromso Norway N70.01

19-Feb-2020

1.0000 mile / 1.61km in 39:26 minutes

Water 3.83°C, Wind Chill -9.00°C, 70.01° N

YOU ARE OFFICIALLY FROZEN

Polar ICE MILE

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

Ram Barkai (Chairman)



INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com