



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Elizabeth Almond**

ICE ID : 476 - ICE MILE : 3

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



**Borebukta, Svalbard**

**08-Jun-2026**

1.0000 mile / 1.61km in 28:15 minutes

Water 3.41°C, Wind Chill 5.00°C, Altitude 0m, 78.39° N

**YOU ARE OFFICIALLY FROZEN**

Polar ICE MILE

A handwritten signature in black ink, appearing to read "RAB". The signature is stylized and slanted.

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

