



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Tom Heyerdahl

ICE ID : 474 - ICE MILE : 4

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



Britania Park, Ottawa, Ontario, Canada

15-Nov-2025

1.0116 mile / 1.63km in 44:38 minutes

Water 3.33°C, Wind Chill -5.00°C, Altitude 70m, 45.37° N

YOU ARE OFFICIALLY FROZEN

A handwritten signature in black ink, appearing to read "RAB".

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

