



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**David Coleman**

ICE ID : 190 - ICE MILE : 5

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



The Falcon, Castle Ashby, Northamptonshire, UK

24-Jan-2022

1.0300 mile / 1.66km in 43:09 minutes

Water 4.00°C, Wind Chill 3.00°C, Altitude 72m, 52.13° N

**YOU ARE OFFICIALLY FROZEN**

5+ ICE MILE

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

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

