



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Judith McGregor-Harper

ICE ID : 565 - 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



Loch Morlich, Scotland, UK

29-Nov-2025

1.0010 mile / 1.61km in 32:36 minutes

Water 3.90°C, Wind Chill 0.90°C, Altitude 300m, 57.17° N

YOU ARE OFFICIALLY FROZEN

5+ 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

