



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Diane Asbury

ICE ID : 545 - 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



Honningsvag Beach, Nordkapp, Norway

28-Mar-2026

1.2427 mile / 2km in 42:07 minutes

Water 3.05°C, Wind Chill -5.90°C, Altitude 0m, 71.01° N

YOU ARE OFFICIALLY FROZEN

Extreme, Polar, 5+ 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

