



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Nikki Pope

ICE ID : 236 - ICE MILE : 6

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



Grunnfjord Tromso Norway

19-Feb-2020

1.0000 mile / 1.61km in 39:43 minutes

Water 3.80°C, Wind Chill -9.00°C, 70.00° N

YOU ARE OFFICIALLY FROZEN

Polar, 5+ ICE MILE

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

Ram Barkai (Chairman)



INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

