



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Judith McGregor-Harper

ICE ID : 565 - ICE MILE : 8

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



Stornes, North Norway

30-Mar-2026

1.0000 mile / 1.61km in 31:32 minutes

Water 3.77°C, Wind Chill -2.00°C, Altitude 0m, 70.02° N

YOU ARE OFFICIALLY FROZEN

Polar, 5+ ICE MILE

A handwritten signature in black ink, appearing to read "RAB", written over a blue background.

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

