



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ram Barkai**

ICE ID : 1 - ICE MILE : 2

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



Fraserburg, RSA

17-Jul-2010

1.0000 mile / 1.61km in 33:00 minutes

Water 4.50°C, Wind Chill 5.00°C, 31.91° S

**YOU ARE OFFICIALLY FROZEN**

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

