



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ram Barkai**

ICE ID : 1 - ICE MILE : 4

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 Fiskaley, Scotland

04-Jan-2012

1.00 mile / 1.61km in 28:03 minutes

Water 2.00°C, Wind Chill 0.00°C

**YOU ARE OFFICIALLY FROZEN**

Extreme ICE MILE

A handwritten signature in black ink, consisting of the letters "R" and "B" intertwined.

Ram Barkai (Chairman)



INTERNATIONAL ICE SWIMMING ASSOCIATION

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

