



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ram Barkai

ICE ID : 1 - 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



Lake Holborough, Kent, UK

31-Jan-2013

1.0000 mile / 1.61km in 31:14 minutes

Water 3.50°C, Wind Chill 0.00°C, 51.34° N

YOU ARE OFFICIALLY FROZEN

5+ ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

