

CERTIFICATE OF ACHIEVEMENT

This is to certify that

David Coleman

ICE ID: 190 - ICE MILE: 3

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

Hatfield, UK 26-Jan-2019

1.0000 mile / 1.61km in 36:11 minutes Water 4.77°C, Wind Chill 5.00°C, 51.76° N

YOU ARE OFFICIALLY FROZEN



Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION www.internationaliceswimming.com