



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**David Coleman**

ICE ID : 190 - 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



**The Falcon, Castle Ashby, Northamptonshire, UK**  
**24-Jan-2022**

**1.0300 mile / 1.66km in 43:09 minutes**

**Water 4.00°C, Wind Chill 3.00°C, Altitude 72m, 52.13° N**

**YOU ARE OFFICIALLY FROZEN**

**5+ ICE MILE**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

