



CERTIFICATE OF ACHIEVEMENT

This is to certify that

David Coleman

ICE ID : 190 - ICE MILE : 6

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
08-Feb-2023

1.0600 mile / 1.71km in 43:37 minutes

Water 3.97°C, Wind Chill 4.10°C, Altitude 72m, 52.13° N

YOU ARE OFFICIALLY FROZEN

5+ ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

