



CERTIFICATE OF ACHIEVEMENT

This is to certify that
Kieron Palframan

ICE ID : 3 - ICE MILE : 2

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



Fraserburg, RSA

23-Jul-2011

1.00 mile / 1.61km in 25:28 minutes

Water 5.00°C, Wind Chill 10.00°C

YOU ARE OFFICIALLY FROZEN

A handwritten signature in black ink, appearing to read "RAB".

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

