



## 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

1.0000 mile / 1.61km in 25:28 minutes

Water 5.00°C, Wind Chill 10.00°C, 31.91° S

**YOU ARE OFFICIALLY FROZEN**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

