



## CERTIFICATE OF ACHIEVEMENT

This is to certify that  
**Kieron Palframan**

ICE ID : 3 - ICE MILE : 4

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



Murmansk, Russia

23-Mar-2013

1.00 mile / 1.61km in 31:00 minutes

Water 0.00°C, Wind Chill 0.00°C

**YOU ARE OFFICIALLY FROZEN**

Extreme, Zero ICE MILE

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

Ram Barkai (Chairman)



INTERNATIONAL ICE SWIMMING ASSOCIATION

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

