



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ryan Stramrood**

ICE ID : 4 - 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



**Neko Harbour, Antarctica**

**02-Mar-2014**

**1.00 mile / 1.61km in 32:08 minutes**

**Water -1.00°C, Wind Chill 0.00°C, 64.90° S**

**YOU ARE OFFICIALLY FROZEN**

**Extreme, Polar, Zero ICE MILE**

A handwritten signature in black ink, consisting of the letters "R", "A", and "B" intertwined.

**Ram Barkai (Chairman)**



**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

