



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Craig Lenning

ICE ID : 7 - 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



Chatfield Gravel Pond, Littleton, CO USA

11-Dec-2021

1.0100 mile / 1.63km in 38:17 minutes

Water 3.40°C, Wind Chill 2.80°C, Altitude 1655m, 39.55° N

YOU ARE OFFICIALLY FROZEN

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

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

