



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Craig Lenning**

ICE ID : 7 - ICE MILE : 3

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



**Svalbard Arctic Ice Swimming**  
**04-May-2022**

1.0000 mile / 1.61km in 31:45 minutes

Water -0.77°C, Wind Chill -16.20°C, Altitude 0m, 78.22° N

**YOU ARE OFFICIALLY FROZEN**

Extreme, Polar, Zero ICE MILE

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

