



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

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

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

