



## CERTIFICATE OF MEMBERSHIP

This is to certify that  
**Henko Roukema**

ICE ID : 14 - ICE MILE : 1

has successfully qualified as an ICE member of the  
**INTERNATIONAL ICE SWIMMING ASSOCIATION**

by completing a minimum of One Statute mile [1609m] in water temperature  
of 5.00°C or lower



Fraserburg, RSA  
23-Jul-2011

1.0000 mile / 1.61km in 30:49 minutes

Water 5.00°C, Wind Chill 10.00°C, 31.91° S

**YOU ARE OFFICIALLY FROZEN**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**  
[www.internationaliceswimming.com](http://www.internationaliceswimming.com)

