



# CERTIFICATE OF MEMBERSHIP

This is to certify that

**Sarah Poll**

ICE ID : 359 - 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



Six Hills, Melton Mowbray, UK

09-Mar-2020

1.1700 mile / 1.88km in 34:21 minutes

Water 4.83°C, Wind Chill 3.10°C, 52.78° 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](http://www.internationaliceswimming.com)

