



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Joseph Pascall**

ICE ID : 365 - 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



Lake Crackenback NSW, Australia

08-Aug-2020

1.0000 mile / 1.61km in 26:10 minutes

Water 1.93°C, Wind Chill 0.70°C, 36.44° S

**YOU ARE OFFICIALLY FROZEN**

Extreme ICE MILE

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

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

