



## CERTIFICATE OF MEMBERSHIP

This is to certify that  
**Sian Richardson**

ICE ID : 252 - 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



Trefeiddan Pond, Wales, England  
25-Feb-2018

1.00 mile / 1.61km in 48:31 minutes

Water 4.20°C, Wind Chill 6.00°C

**YOU ARE OFFICIALLY FROZEN**

Extreme ICE MILE

A handwritten signature in black ink, appearing to read "RAB", written over a blue background.

Ram Barkai (Chairman)



INTERNATIONAL ICE SWIMMING ASSOCIATION

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

