



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Susan Sherwen

ICE ID : 419 - 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



Outdoor Pool, Alexandra, Central Otago, New Zealand

10-Jul-2024

1.3049 mile / 2.1km in 41:09 minutes

Water 2.83°C, Wind Chill -1.80°C, Altitude 150m, 45.24° S

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

