



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Elaine K Howley

ICE ID : 28 - 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



Pleasure Bay, South Boston, Massachusetts, USA

19-Feb-2023

1.0200 mile / 1.64km in 34:53 minutes

Water 4.17°C, Wind Chill 4.10°C, Altitude 0m, 42.33° 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

