IISA
ICE MILE

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Paul Duffield

ICE ID : 34 - 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

Gellatly Bay, West Kelowna,Canada

02-Mar-2013

1.4400 mile / 2.32km in 54:02 minutes

Water 4.00°C, Wind Chill 0.00°C, 49.82° N

YOU ARE OFFICIALLY FROZEN

Extreme ICE MILE

IISA INTERNATIONAL ICE SWIMMING ASSOCIATION

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

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