



CERTIFICATE OF ACHIEVEMENT

This is to certify that
Amanda Holland
ICE ID : 597 - 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



Loch Morlich, Glenmore, Scotland
29-Nov-2025

1.0000 mile / 1.61km in 37:24 minutes
Water 3.80°C, Wind Chill 0.10°C, Altitude 300m, 57.16° N

YOU ARE OFFICIALLY FROZEN

A handwritten signature in black ink, consisting of the letters "R", "A", and "B" in a stylized, overlapping arrangement.

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION
www.internationaliceswimming.com

