



## CERTIFICATE OF MEMBERSHIP

This is to certify that

**Cath Pendleton**

ICE ID : 147 - 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



Keepers Pond, Blaenavon

30-Jan-2016

1.15 mile / 1.85km in 39:16 minutes

Water 4.40°C, Wind Chill 2.40°C

**YOU ARE OFFICIALLY FROZEN**

A handwritten signature in black ink, consisting of the letters "R", "A", and "B" intertwined.

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

