



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Cath Pendleton**

ICE ID : 147 - ICE MILE : 10

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



Lake Worthersee , Krumpendorf am Worthersee ,  
Austria

20-Feb-2023

1.0000 mile / 1.61km in 38:24 minutes

Water 4.90°C, Wind Chill 4.10°C, Altitude 480m, 46.37° N

**YOU ARE OFFICIALLY FROZEN**

10+ ICE MILE

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

Ram Barkai (Chairman)



INTERNATIONAL ICE SWIMMING ASSOCIATION  
[www.internationaliceswimming.com](http://www.internationaliceswimming.com)

