



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Cath Pendleton

ICE ID : 147 - ICE MILE : 4

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



Volendam, Holland

19-Jan-2018

1.00 mile / 1.61km in 32:26 minutes

Water 3.93°C, Wind Chill 0.90°C

YOU ARE OFFICIALLY FROZEN

A handwritten signature in black ink, appearing to read "RAB".

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

