



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Cath Pendleton**

ICE ID : 147 - ICE MILE : 5

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



**Bardowie Loch, Scotland**

**10-Feb-2018**

**1.0000 mile / 1.61km in 34:07 minutes**

**Water 3.30°C, Wind Chill -0.70°C, 55.93° N**

**YOU ARE OFFICIALLY FROZEN**

**5+ ICE MILE**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

