



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Cath Pendleton**

ICE ID : 147 - ICE MILE : 7

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 Aguelmam Azegza, Morocco

31-Jan-2020

1.00 mile / 1.61km in 38:33 minutes

Water 4.77°C, Wind Chill 1.40°C

**YOU ARE OFFICIALLY FROZEN**

5+ ICE MILE

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

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

