



CERTIFICATE OF MEMBERSHIP

This is to certify that

John Donald

ICE ID : 56 - 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



Parliament Hill, Lido England

24-Feb-2013

1.07 mile / 1.72km in 37:00 minutes

Water 3.10°C, Wind Chill 0.00°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

