



## CERTIFICATE OF MEMBERSHIP

This is to certify that  
**Helen Beveridge**

ICE ID : 59 - 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



**Loch Achilty, Scotland**  
**03-Mar-2013**

1.06 mile / 1.71km in 39:07 minutes

Water 2.83°C, Wind Chill 8.00°C

**YOU ARE OFFICIALLY FROZEN**

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

**Ram Barkai (Chairman)**



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

