



## CERTIFICATE OF ACHIEVEMENT

This is to certify that  
**Fergil Hesterman**

ICE ID : 148 - ICE MILE : 2

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



Zwembad de Waterdam Volendam

28-Jan-2017

1.00 mile / 1.61km in 20:50 minutes

Water 4.33°C, Wind Chill 3.50°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)

