



## CERTIFICATE OF ACHIEVEMENT

This is to certify that  
**Fergil Hesterman**

ICE ID : 148 - 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



**Mountains of Lesotho, Africa**

**16-Jun-2018**

**1.00 mile / 1.61km in 21:51 minutes**

**Water 3.00°C, Wind Chill 7.50°C, Altitude 3320m**

**YOU ARE OFFICIALLY FROZEN**

**Extreme, 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)

