



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Pauline Barker**

ICE ID : 72 - ICE MILE : 10

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



Kit Hill, Cornwall, England

24-Feb-2018

1.00 mile / 1.61km in 48:16 minutes

Water 2.97°C, Wind Chill -4.50°C

**YOU ARE OFFICIALLY FROZEN**

Extreme, 10+ ICE MILE

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)

