



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Pauline Barker**

ICE ID : 72 - ICE MILE : 3

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



Lough Dan. Co. Wicklow. Republic of Ireland

14-Feb-2015

1.00 mile / 1.61km in 44:27 minutes

Water 3.80°C, Wind Chill 5.60°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)

