



CERTIFICATE OF ACHIEVEMENT

This is to certify that
Kieron Palframan

ICE ID : 3 - ICE MILE : 4

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



Murmansk, Russia

23-Mar-2013

1.0000 mile / 1.61km in 31:00 minutes

Water 0.00°C, Wind Chill 0.00°C, 68.97° N

YOU ARE OFFICIALLY FROZEN

Extreme, Zero ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

