



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Tom Heyerdahl

ICE ID : 474 - 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



Brittania Park, Ottawa, Canada

18-Nov-2023

1.1309 mile / 1.82km in 44:36 minutes

Water 4.73°C, Wind Chill -5.10°C, Altitude 70m, 45.36° N

YOU ARE OFFICIALLY FROZEN

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

