



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Charmian Frend

ICE ID : 370 - 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



Lake Crackenback, NSW, Australia

23-Aug-2020

1.2500 mile / 2.01km in 37:04 minutes

Water 4.07°C, Wind Chill 4.80°C, 36.44° S

YOU ARE OFFICIALLY FROZEN

Extreme ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

