



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ryan Stramrood

ICE ID : 4 - 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



Fraserburg, RSA

15-Jul-2012

1.0000 mile / 1.61km in 26:18 minutes

Water 1.70°C, Wind Chill -5.00°C, 31.91° S

YOU ARE OFFICIALLY FROZEN

Extreme ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

