



## CERTIFICATE OF MEMBERSHIP

This is to certify that

**Adam Cook**

ICE ID : 285 - ICE MILE : 1

has successfully qualified as an ICE member of the

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

by completing a minimum of One Statute mile [1609m] in water temperature  
of 5.00°C or lower



Harthill Reservoir, UK

26-Jan-2019

1.0600 mile / 1.71km in 40:00 minutes

Water 4.60°C, Wind Chill 5.30°C, 53.32° N

**YOU ARE OFFICIALLY FROZEN**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

[www.internationaliceswimming.com](http://www.internationaliceswimming.com)

