



CERTIFICATE OF ACHIEVEMENT

This is to certify that
Jaimie Monahan

ICE ID : 178 - ICE MILE : 8

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



Paradise Harbour, Antarctica
06-Mar-2018

1.0100 mile / 1.63km in 30:49 minutes

Water 0.57°C, Wind Chill 1.00°C, 64.90° S

YOU ARE OFFICIALLY FROZEN

Extreme, Polar, Zero, 5+ ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

