



## CERTIFICATE OF MEMBERSHIP

This is to certify that

**Lauren O'Malley**

ICE ID : 329 - 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



Wild Water, Armagh, N Ireland

16-Nov-2019

1.0000 mile / 1.61km in 33:26 minutes

Water 4.00°C, Wind Chill 5.40°C, 54.35° N

YOU ARE OFFICIALLY FROZEN

A handwritten signature in black ink, appearing to read 'RAB', written over a blue background.

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

