



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Aoife McGuinness

ICE ID : 362 - 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



Shannon Rowing Club, Limerick, Ireland

29-Jan-2021

1.0000 mile / 1.61km in 32:25 minutes

Water 4.93°C, Wind Chill 6.90°C, 52.67° N

YOU ARE OFFICIALLY FROZEN

A handwritten signature in black ink, appearing to read "RAB".

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

