



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Claire Ryan

ICE ID : 160 - ICE MILE : 7

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



Lough Bray Lower, Ireland

03-Jan-2021

1.2400 mile / 2km in 56:19 minutes

Water 4.70°C, Wind Chill -2.30°C, 53.18° N

YOU ARE OFFICIALLY FROZEN

Extreme, 5+ ICE MILE

A handwritten signature in black ink, consisting of the letters "R", "A", and "B" intertwined.

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

