



CERTIFICATE OF MEMBERSHIP

This is to certify that
Sarah coughlan

ICE ID : 363 - 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



Twomilegate, Killaloe, Co. Clare, Ireland
12-Feb-2020

1.0000 mile / 1.61km in 38:44 minutes

Water 4.80°C, Wind Chill -1.10°C

YOU ARE OFFICIALLY FROZEN

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION
www.internationaliceswimming.com

