



CERTIFICATE OF MEMBERSHIP

This is to certify that

Donna Cooke

ICE ID : 125 - 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



Carlingford Lough

22-Feb-2015

1.0300 mile / 1.66km in 32:04 minutes

Water 3.04°C, Wind Chill 0.00°C

YOU ARE OFFICIALLY FROZEN

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

