



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Claire Ryan

ICE ID : 160 - ICE MILE : 5

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



40 Foot , Irish Sea, Dublin

08-Mar-2018

1.1000 mile / 1.77km in 47:18 minutes

Water 4.70°C, Wind Chill 3.20°C

YOU ARE OFFICIALLY FROZEN

Extreme, 5+ ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

