



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ger Kennedy**

ICE ID : 55 - ICE MILE : 3

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 Dan, Co. Wicklow, Ireland

01-Mar-2014

1.3000 mile / 2.09km in 51:10 minutes

Water 3.30°C, Wind Chill 2.50°C

**YOU ARE OFFICIALLY FROZEN**

Extreme ICE MILE

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

[www.internationaliceswimming.com](http://www.internationaliceswimming.com)

