



## CERTIFICATE OF MEMBERSHIP

This is to certify that

**Liz Ryan**

ICE ID : 396 - 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



Mill Road, Limerick, Ireland

31-Jan-2021

1.0000 mile / 1.61km in 35:36 minutes

Water 4.60°C, Wind Chill 1.10°C, 52.68° N

**YOU ARE OFFICIALLY FROZEN**

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

