



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, 54.05° N

YOU ARE OFFICIALLY FROZEN

A handwritten signature in black ink, appearing to read "RAB".

Ram Barkai (Chairman)



INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

