



## CERTIFICATE OF MEMBERSHIP

This is to certify that

**Helen Manson**

ICE ID : 540 - 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



Loch Morloch, Scotland

01-Dec-2023

1.0000 mile / 1.61km in 34:00 minutes

Water 2.68°C, Wind Chill -1.50°C, Altitude 320m, 57.17° N

**YOU ARE OFFICIALLY FROZEN**

A handwritten signature in black ink, consisting of the letters "R", "A", and "B" in a stylized, overlapping arrangement.

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

