



# CERTIFICATE OF ACHIEVEMENT

This is to certify that  
**Conor O Connor**  
ICE ID : 505 - ICE MILE : 2

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



The Baths Clontarf, Dublin, Ireland  
01-Feb-2025

1.0000 mile / 1.61km in 42:34 minutes  
Water 4.63°C, Wind Chill 5.00°C, Altitude 0m, 53.36° N

YOU ARE OFFICIALLY FROZEN

A handwritten signature in black ink, appearing to read "RAB", written over a blue background.

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION  
[www.internationaliceswimming.com](http://www.internationaliceswimming.com)

