



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**John Cassidy**

ICE ID : 576 - 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



Loch Morlich

01-Dec-2025

1.0000 mile / 1.61km in 38:08 minutes

Water 4.00°C, Wind Chill 0.10°C, Altitude 300m, 57.17° 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)

