



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

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

