



## CERTIFICATE OF MEMBERSHIP

This is to certify that  
**Sarah coughlan**

ICE ID : 363 - 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



Twomilegate, Killaloe, Co. Clare, Ireland  
12-Feb-2020

1.0000 mile / 1.61km in 38:44 minutes

Water 4.80°C, Wind Chill -1.10°C, 52.81° 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)

