



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

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

