



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Nicola Doran**

ICE ID : 502 - 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



Lake Aguelmam Sidi Ali, Khenifry, Morocco

25-Feb-2024

1.0000 mile / 1.61km in 31:58 minutes

Water 4.57°C, Wind Chill -0.90°C, Altitude 0m, 33.00° N

YOU ARE OFFICIALLY FROZEN

A handwritten signature in black ink, appearing to read "RAB".

Ram Barkai (Chairman)



INTERNATIONAL ICE SWIMMING ASSOCIATION

[www.internationaliceswimming.com](http://www.internationaliceswimming.com)

