



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ned Denison**

ICE ID : 41 - 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



Lough Dan, Ireland

14-Feb-2015

1.08 mile / 1.74km in 29:27 minutes

Water 4.40°C, Wind Chill 0.00°C

**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)

