



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Claire Ryan

ICE ID : 160 - 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



Wild Water Armagh

03-Dec-2016

1.00 mile / 1.61km in 48:29 minutes

Water 4.23°C, Wind Chill 4.20°C

YOU ARE OFFICIALLY FROZEN

Extreme ICE MILE

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

