



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Claire Ryan

ICE ID : 160 - ICE MILE : 3

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, Ireland

14-Jan-2017

1.00 mile / 1.61km in 49:15 minutes

Water 2.03°C, Wind Chill 3.00°C

YOU ARE OFFICIALLY FROZEN

Extreme ICE MILE

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

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

