



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Claire Ryan**

ICE ID : 160 - ICE MILE : 6

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



**Clontarf Baths, Dublin, IRELAND**

**02-Feb-2019**

**1.0000 mile / 1.61km in 43:56 minutes**

**Water 2.40°C, Wind Chill 4.00°C, 53.36° N**

**YOU ARE OFFICIALLY FROZEN**

**5+ 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](http://www.internationaliceswimming.com)

