IISA
ICE MILE

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Finbarr Hedderman

ICE ID : 44 - 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, Co. Wicklow, Ireland

22-Feb-2014

1.0000 mile / 1.61km in 31:27 minutes

Water 3.30°C, Wind Chill 3.00°C, 53.07° N

YOU ARE OFFICIALLY FROZEN

IISA
INTERNATIONAL ICE SWIMMING ASSOCIATION

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

IISA
INTERNATIONAL ICE SWIMMING ASSOCIATION