



CERTIFICATE OF ACHIEVEMENT

This is to certify that

john ryan

ICE ID : 161 - 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



Eastern Bay, Lough Dan, Co. Wicklow

04-Feb-2017

1.00 mile / 1.61km in 27:26 minutes

Water 4.53°C, Wind Chill 9.00°C

YOU ARE OFFICIALLY FROZEN

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

