



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Claire Ryan**

ICE ID : 160 - ICE MILE : 7

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 Bray Lower, Ireland

03-Jan-2021

1.2400 mile / 2km in 56:19 minutes

Water 4.70°C, Wind Chill -2.30°C, 53.18° N

**YOU ARE OFFICIALLY FROZEN**

Extreme, 5+ ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

[www.internationaliceswimming.com](http://www.internationaliceswimming.com)

