



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Mark Dempsey

ICE ID : 366 - 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



Shannon Rowing Club Limerick

29-Jan-2021

1.3200 mile / 2.12km in 45:21 minutes

Water 4.93°C, Wind Chill 5.20°C

YOU ARE OFFICIALLY FROZEN

Extreme ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

