



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Mark Dempsey (41y)** 

has successfully competed in

**World Cup, Ireland Ice Swimming 1Km Championships**

Wild Water Armagh

28-Jan-2017

**1000m Freestyle in 18:08.91 minutes**

Overall 11th / Age Group (40-44y) 5th

Category Men

Open Water Course

Water 3.70°C, Wind Chill 4.00°C



  
**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION