



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Ailbhe Dempsey** (44y) 

has successfully competed in  
**National Ice Swimming Championships**

Wild Water Armagh

25-Jan-2020

**1000m Freestyle in 19:47.81 minutes**

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Overall 10th / Age Group (40-44y) 3rd

Category Women

Open Water Course

Water 5.70°C, Wind Chill 5.00°C

**N-ICE Swim (>5°C)**



**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*

