



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

Certified Pool Course

Water 3.70°C, Wind Chill 4.00°C, 54.35° N




Ram Barkai
IISA Chair

Ireland
Chair & Board

