



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Mark Dempsey** (43y) 

has successfully competed in  
**IISA Ireland 1k National Championships**

Wild Water Armagh

26-Jan-2019

1000m Freestyle in 16:12.31 minutes

Overall 2nd / Age Group (40-44y) 1st

Category Men

Open Water Course

Water 4.90°C, Wind Chill 5.90°C, 54.35° N



**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*

