



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

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

Category Women

Open Water Course

Water 5.70°C, Wind Chill 5.00°C, 54.35° N

N-ICE Swim (>5°C)




Ram Barkai
IISA Chair

Ireland
Chair & Board

