



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Mark Dempsey (46y)** 

has successfully competed in  
**IISA 4th World Championship**

Glogow, Poland

05-Feb-2022


**250m Freestyle in 04:11.86 minutes**

Overall 34th / Age Group (45-49y) 8th  
Category Men

Open Water Course

Water 3.00°C, Wind Chill 1.50°C, Altitude 0m, 51.39° N



  
**Ram Barkai**  
IISA Chair

*Poland*  
*Chair & Board*

