



CERTIFICATE OF ACHEIVCMENET

This is to acknowledge that

Ailbhe Dempsey (43y) 

has completed a swim observed by IISA:

Date: **14-Dec-2019**

Venue: **Obriens bridge**

Distance: **1000 metres**

Swim Time: **00:20:56.00**

Water Temp: **5.50°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

Observer: **Mark Dempsey**
Ireland

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION