



## CERTIFICATE OF ACHIEVEMENT

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 SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**