



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Ailbhe Dempsey (43y) 

has completed a swim observed by IISA:

Date: 16-Dec-2019

Venue: Castleconnell

Distance: 528 metres

Swim Time: 00:10:25.00

Water Temp: 4.90°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Pearse Ryan
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION