



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Mark Dempsey** (41y) 

has completed a swim observed by IISA:

Date: 28-Jan-2017

Venue: Wild water Armagh

Distance: 1000 metres

Swim Time: 00:18:08.91

Water Temp: 3.70°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Padraig Mallon  
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**