



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Mark Dempsey (43y) 

has completed a swim observed by IISA:

Date: **04-Dec-2018**

Venue: **Castleconnell Boat Club Co Limerick**

Distance: **2250 metres**

Swim Time: **00:36:41.00**

Water Temp: **7.50°C**

Wind Chill: **0.60°C**

Stroke: **Crawl**

Observer: **john ryan**
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION