



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Mark Dempsey (43y) 

has completed a swim observed by IISA:

Date: 16-Dec-2018

Venue: wild water armagh

Distance: 1000 metres

Swim Time: 00:16:01.00

Water Temp: 5.10°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Tiffiny Quinn
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION