



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Mark Dempsey** (44y) 

has completed a swim observed by IISA:

Date: **23-Oct-2020**

Venue: **Castleconnell**

Distance: **3500 metres**

Swim Time: **01:10:22.00**

Water Temp: **10.07°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

Observer: **Aoife McGuinness**  
**Ireland**

**KEEP SAFETY AND INTEGRITY IN THE ICE**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**