



## 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 SAFTEY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**