



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Mark Dempsey** (44y) 

has completed a swim observed by IISA:

Date: 01-Nov-2020

Venue: Castleconnell

Distance: 3000 metres

Swim Time: 01:03:00.00

Water Temp: 9.90°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Mark Hannigan  
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**