



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Mark Dempsey (44y) 

has completed a swim observed by IISA:

Date: 04-Nov-2020

Venue: Castleconnell

Distance: 2500 metres

Swim Time: 00:49:38.40

Water Temp: 8.90°C

Wind Chill: 5.60°C

Stroke: Crawl

Observer: Ailbhe Dempsey
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION