



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Sarah coughlan (46y) 

has successfully competed in
National Ice Swimming Championships

Wild Water Armagh

25-Jan-2020

1000m Freestyle in 18:53.72 minutes

Overall 6th / Age Group (45-49y) 3rd

Category Women

Open Water Course

Water 5.70°C, Wind Chill 5.00°C

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

Ireland
Chair & Board

