



# 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, 54.35° N

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*

