



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Sarah coughlan (46y) 

has completed a swim observed by IISA:

Date: 19-Dec-2019

Venue: Shannon River, Castleconnell, Limerick

Distance: 1100 metres

Swim Time: 00:19:51.00

Water Temp: 5.20°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: john ryan
Ireland

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION