



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Sarah coughlan (46y) 

has completed a swim observed by IISA:

Date: 14-Dec-2019

Venue: Twomilegate, Killaloe, Co. Clare

Distance: 1100 metres

Swim Time: 00:20:44.00

Water Temp: 5.50°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Brian Dillon
Ireland

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION