



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Sarah coughlan (46y) 

has completed a swim observed by IISA:

Date: 11-Jan-2020

Venue: Lough Derg, Twomilegate Killaloe, Co. Clare.

Distance: 1400 metres

Swim Time: 00:26:00.00

Water Temp: 6.10°C

Wind Chill: 6.20°C

Stroke: Crawl

Observer: Mark Hannigan
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION