



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Sarah coughlan** (48y) 

has completed a swim observed by IISA:

Date: **08-Jan-2022**

Venue: **Twomilegate, Killaloe, Co. Clare.**

Distance: **1250 metres**

Swim Time: **00:27:00.00**

Water Temp: **6.00°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

Observer: **Mark Dempsey**  
**Ireland**

KEEP SAFTEY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**