



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Sarah coughlan** (46y) 

has completed a swim observed by IISA:

Date: **23-Dec-2019**

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

Distance: **700 metres**

Swim Time: **00:14:30.00**

Water Temp: **4.90°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

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

**KEEP SAFETY AND INTEGRITY IN THE ICE**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**