



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Sarah coughlan (48y) 

has completed a swim observed by IISA:

Date: 09-Dec-2021

Venue: Castleconnell, Co. Limerick.

Distance: 1000 metres

Swim Time: 00:21:30.00

Water Temp: 6.00°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: john ryan
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION