



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Sarah coughlan** (46y) 

has completed a swim observed by IISA:

Date: 05-Jan-2020

Venue: Twomilegate, Killaloe, Co. Clare

Distance: 1200 metres

Swim Time: 00:22:30.00

Water Temp: 5.90°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: Mark Dempsey  
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**