



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Sarah coughlan** (46y) 

has completed a swim observed by IISA:

Date: **19-Dec-2019**

Venue: **Shannon River, Castleconnell, Limerick**

Distance: **1100 metres**

Swim Time: **00:19:51.00**

Water Temp: **5.20°C**

Wind Chill: **0.00°C**

Stroke: **Crawl**

Observer: **john ryan**  
**Ireland**

**KEEP SAFTEY AND INTEGRITY IN THE ICE**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**