



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Sarah coughlan (46y) 

has completed a swim observed by IISA:

Date: 09-Jan-2020

Venue: Shannon River, Castleconnell, Limerick

Distance: 1050 metres

Swim Time: 00:20:25.00

Water Temp: 6.00°C

Wind Chill: 3.90°C

Stroke: Crawl

Observer: Mark Dempsey
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION