



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Sarah coughlan** (46y) 

has completed a swim observed by IISA:

Date: 07-Jan-2020

Venue: Shannon River, Castleconnell, Limerick

Distance: 1100 metres

Swim Time: 00:20:00.00

Water Temp: 6.30°C

Wind Chill: 0.00°C

Stroke: Crawl

Observer: john ryan  
Ireland

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**