



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Sarah O Dwyer (55y) 

has successfully competed in
Lake Lyndon Camp

Lake Lyndon NZ

21-Jul-2021

500m Freestyle in 11:36.00 minutes

Overall 7th / Age Group (55-59y) 1st

Category Women

Open Water Course

Water 4.00°C, Wind Chill 1.60°C, 43.30° S



Ram Barkai
IISA Chair

New Zealand
Chair & Board

