



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Jim West** (60y) 

has successfully competed in  
**Aotearoa NZ Ice National Championships**

Alexandra Outdoor Pool Central Otago NZ

16-Jul-2022

**250m Freestyle in 04:42.75 minutes**

Overall 4th / Age Group (60-64y) 1st


**WORLD RECORD - AGE GROUP**

Category Men

Open Water Course

Water 3.50°C, Wind Chill 0.00°C, Altitude 150m, 45.25° S



  
**Ram Barkai**  
IISA Chair

*New Zealand*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION