



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Rachel Armstrong (39y) 

has successfully competed in
Aotearoa NZ Ice National Championships

Alexandra Outdoor Pool Central Otago NZ

16-Jul-2022

500m Freestyle in 07:44.79 minutes

Overall 2nd / Age Group (35-39y) 2nd

Category Women

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