



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Sarah O Dwyer** (56y) 

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

Alexandra Outdoor Pool Central Otago NZ

16-Jul-2022

**1000m Freestyle in 20:50.85 minutes**

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

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*

