



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Rebecca Bowden (46y) 

has successfully competed in
IISA NZ & Southern Hemisphere Pool Championships

Alexandra Aquatic Center

13-Jul-2024

1000m Freestyle in 20:05.62 minutes

Overall 11th / Age Group (45-49y) 2nd

Category Women

Open Water Course

Water 2.26°C, Wind Chill -3.00°C, Altitude 150m, 45.24° S



Ram Barkai
IISA Chair

New Zealand
Chair & Board

