



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Rebecca Bowden (47y) 

has successfully competed in
IISA NZ National Open Water Champs

Blue Lake St Bathans

10-Jul-2025

250m Freestyle in 04:34.07 minutes

Overall 7th / Age Group (45-49y) 2nd

Category Women

Open Water Course

Water 4.91°C, Wind Chill 2.00°C, Altitude 585m, 44.87° S




Ram Barkai
IISA Chair

New Zealand
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION