



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Helen Bolton** (46y) 

has successfully competed in  
**IISA NZ & Southern Hemisphere Pool Championships**

Alexandra Aquatic Center

12-Jul-2024

**50m Breaststroke in 01:00.60 minutes**

Overall 5th / Age Group (45-49y) 1st

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*

