



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Rebecca Bowden** (43y) 

has successfully competed in  
**Lake Lyndon Camp**

Lake Lyndon NZ

21-Jul-2021

**500m Freestyle in 11:55.00 minutes**

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Overall 8th / Age Group (40-44y) 1st

Category Women

Open Water Course

Water 4.00°C, Wind Chill 1.60°C, 43.30° S



  
**Ram Barkai**  
IISA Chair

*New Zealand*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION