



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Susan Sherwen (61y)** 

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

Alexandra Outdoor Pool Central Otago NZ

16-Jul-2022

**1000m Freestyle in 17:41.33 minutes**

Overall 4th / Age Group (60-64y) 1st


**WORLD RECORD - AGE GROUP**

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*



INTERNATIONAL ICE SWIMMING ASSOCIATION