



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Rachel Armstrong** (39y) 

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

Alexandra Outdoor Pool Central Otago NZ

16-Jul-2022

**500m Freestyle in 07:44.79 minutes**

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Overall 2nd / Age Group (35-39y) 2nd

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