



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Jim West** (61y) 

has successfully competed in

**IISA Aotearoa NZ National Open Water Championships**

Blue Lake, St Bathans

07-Jul-2023

**1000m Freestyle in 22:19.60 minutes**

Overall 4th / Age Group (60-64y) 2nd

Category Men

Open Water Course

Water 3.72°C, Wind Chill 2.30°C, Altitude 576m, 44.87° S



  
**Ram Barkai**  
IISA Chair

*New Zealand*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION