



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Sarah O Dwyer (57y) 

has successfully competed in

IISA Aotearoa NZ National Open Water Championships

Blue Lake, St Bathans

07-Jul-2023

500m Freestyle in 10:05.25 minutes

Overall 7th / Age Group (55-59y) 2nd

Category Women

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