



# 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

**500m Freestyle in 10:59.49 minutes**

Overall 6th / 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*

