



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Sonia Christensen (59y)** 

has successfully competed in

**IISA Aotearoa NZ National Open Water Championships**

Blue Lake, St Bathans

07-Jul-2023

**500m Freestyle in 10:51.83 minutes**

Overall 10th / Age Group (55-59y) 3rd

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