



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Helen Bolton (47y)** 

has successfully competed in  
**IISA NZ National Open Water Champs**

Blue Lake St Bathans

10-Jul-2025

**250m Freestyle in 04:28.68 minutes**


Overall 6th / Age Group (45-49y) 1st

Category Women

Open Water Course

Water 4.91°C, Wind Chill 2.00°C, Altitude 585m, 44.87° S



  
**Ram Barkai**  
IISA Chair

*New Zealand*  
*Chair & Board*

