



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Chun Kong Mak (32y) 

has successfully competed in
Polish Championship In Ice Swimming

Katowice

12-Jan-2019

1000m Freestyle in 19:22.00 minutes

Overall 11th / Age Group (30-34y) 2nd
Category Men

Open Water Course

Water 0.60°C, Wind Chill -4.60°C




Ram Barkai
IISA Chair

Poland
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION