

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Michael Hudson (45y)



has successfully competed in

River Labe CZ 5th Anniversary Ice Swim

Hradec Kralove CZ 01-Dec-2019

1000m Freestyle in 14:42.00 minutes

Overall 2nd / Age Group (45-49y) 1st Category Men

Open Water Course Water 5.30°C, Wind Chill 0.70°C, 50.21° N N-ICE Swim (>5°C)



Czech Republic Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION