



SPONSORED SWIM/ BLDSA 1Hr Postal Swim

SUNDAY, 12th February, 2012

Put the date in your diary NOW!

In conjunction with the British Long Distance Swimming Association 1 hour postal swim **HODDESDON** swimming club organise a Sponsored Swim where members swim as far as they can for one hour.

This gives you the opportunity to enter the BLDSA 1 hour postal swim as well. The National competition which costs £3.50 to enter has seen **HODDESDON** swimmers win in previous years!

Please support your club with this annual event and let Janet know of your interest by emailing her on janet.warrington965@gmail.com. Where you will be allotted a time slot and lane during the evening session on the 12th February.

If you have any questions please talk to one of the coaches or the committee.

You can download a Sponsor Form from www.hoddesdonsc.co.uk