



**SLH 1500M OPEN WATER SWIM  
CHAMPIONSHIPS AT  
SOUTHWATER COUNTRY PARK  
ON THE 26<sup>TH</sup> AUGUST 2007 AT  
17.00 HRS.**

Plus BBQ weather permitting bring own food,  
drink and family BBQ's will be supplied.

Entry fee £5.00

Prizes for fastest swimmer and first 3 on handicap  
time

Wet suit optional (no fins or hand paddles)

Please see attached entry form