

The Severn Mile

Sunday
23
August 09

Open Water Swim



Welsh Bridge to the Kingsland Bridge

1500m & 700m Swims

Swim With or Without a Wetsuit

SUNDAY 23rd AUGUST 2009 at 11:00 AM

Venue: Quarry Park, Shrewsbury

Registration: Pengwern Boat Club, SY3 7BD

Facilities: Showers, Changing Rooms, Toilets & Bar

Entry Fee: £5:00, Money on the day only, but Pre-Registration Recommended

1500m Course

Down stream 1100m from The Welsh Bridge to just beyond the Kingsland Bridge. Up stream 400m to the rowing club

700m Course

From the Welsh Bridge to the Boathouse (all downstream)

Novices & swimmers who feel that they cannot swim 1500m only please

We cannot predict the level of the river, and may need to cancel the event or alter the course, therefore money on the day only. Pre-registration via Email to myles_swift@yahoo.co.uk.



Please accept my entry for the **Severn Mile** open water swim on 23rd August 2009

NAME (BLOCK CAPS)

AGE on DAY

ADDRESS.....
.....
.....

DOB

SEX

TEL

CLUB

EMAIL

DISTANCE ENTERED 1500m..... 700m.....

WETSUIT YES / NO

I accept that the organisers are not responsible for any loss or damage to me & my property.

I swim at my own risk, and that I can swim the distance entered in open water.

SIGNED

DATE