

# 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 23<sup>rd</sup> 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](mailto:myles_swift@yahoo.co.uk).



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Please accept my entry for the **Severn Mile** open water swim on 23<sup>rd</sup> 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 .....