



LIONS CLUB of HENLEY

GOLDEN MILE CHALLENGE

24th March 2018 at 4.00 p.m.

at

HENLEY LEISURE CENTRE

INFORMATION SHEET

**THE CHALLENGE IS FOR EVERY ENTRANT TO SWIM ONE MILE
(65 LENGTHS) IN 40 MINUTES.**

ALL ENTRANTS MUST BE 16 YRS OR OVER

1. THERE IS AN ENTRY FEE OF £25.00 TO COVER BASIC COST. ALL REMAINING MONEY INCLUDING EXTRA SPONSORSHIP WILL BE DONATED TO YOUNG PEOPLES CHARITIES IN THE HENLEY AREA.
2. YOU WILL BE REQUESTED ON THE ENTRY FORM TO MAKE NOTIFICATION OF ANY PERSONAL CONDITIONS WHICH MAY AFFECT YOUR PARTICIPATION IN THE SWIM OR YOU MAY FEEL THE ORGANISERS SHOULD BE MADE AWARE OF.
3. ON RECEIPT OF YOUR ENTRY FORM YOU WILL BE SENT CONFIRMATION OF ENTRY AND A SPONSOR FORM TO SUPPORT THE HENLEY LIONS CHARITY FOR YOUNG PEOPLES CHARITIES IN THE AREA.
4. PLEASE REMEMBER TO BRING YOUR CONFIRMATION OF ENTRY AND SPONSOR FORM ON REGISTRATION DAY.
5. EACH SWIMMING LANE WILL HAVE A MAXIMUM OF 6 SWIMMERS AND YOU WILL START IN 5 METRE INTERVALS. YOU MAY BE CATEGORISED WITH STRONGER SWIMMERS FIRST TO START AND MODERATE TO THE REAR.
6. YOU WILL BE REQUIRED TO WEAR A COULoured SWIMMING HAT WHICH WILL BE PROVIDED FOR IDENTIFICATION DURING YOUR SWIM FOR COUNTING LENGTHS SWAM.
7. ALL PARTICIPANTS WILL RECEIVE A "GOLDEN MILE CHALLENGE" CERTIFICATE SHOWING THE DISTANCE COMPLETED IN 40 MINUTES. EVERY PARTICIPANT WHO COMPLETES THE CHALLENGE WILL RECEIVE A PRESENTATION MEDAL AND A "GOLDEN MILE CHALLENGE" CERTIFICATE.