

# SWIMATHON

18-20 March 2016

February 2016

## FIVE WEEKS TO GO UNTIL SWIMATHON 2016 AT DULWICH COLLEGE SPORTS CLUB

**FRIDAY 18 March– 6:00PM AND SATURDAY 19 March 1:30PM  
(REGISTRATION IS 30 MINUTES BEFORE THE START TIME)**

Time is running out to sign up for Swimathon 2016, the world's biggest annual fundraising swim. With just five weeks to go until the event weekend, **DULWICH COLLEGE SPORTS CLUB POOL** is calling on all undecided swimmers across **DULWICH AND THE SURROUNDING AREAS** to take the plunge, and sign up for the challenge. .

With sessions available across the event weekend there's still plenty of time to get training and make a difference for **'Sport Relief'** which once again returns as Swimathon's charity partner. Taking place on Friday 18 and Saturday 19 March, **DULWICH COLLEGE SPORTS CLUB POOL** is one of over 600 pools hosting Swimathon.

Swimmers can choose from 1.5k, 2.5k or 5k individual distances or the team 1.5 or 5k, challenges. For those unable to take part over the event weekend SimplySwim gives people the chance to choose their challenge at any pool across the UK.

**GARY SHARPE, SPORTS CLUB MANAGER** comments: *"Swimathon is the perfect event to come together with your family and friends. It really doesn't matter how strong you are as a swimmer, it's all about taking on the challenge and doing your best to raise money for Marie Curie. It's just one of those great events that you can't miss, definitely an absolute must in our centre's calendar year on year. Last year we raised over £5,000 and we're working hard to exceed that sum this year."*

To help guide swimmers while training for their chosen distance, Olympic gold medallist and Swimathon President, **Duncan Goodhew MBE**, offers his expert advice, tips and encouragement to swimmers of all levels; *"We are encouraging swimmers of all ages and abilities to take on the challenge and help Marie Curie raise those very vital funds to help the terminally ill and their families. With over 600 pools across the UK and distances from 1.5k to 5k, there is truly a space for everyone. It's for a good cause, it's great exercise, and of course it's lots of fun!"*

**Enter Swimathon today at [Swimathon.org](http://Swimathon.org)**

**For more information please contact CAROL COLLIER on 020 8299 9292 or [colliercl@dulwich.org.uk](mailto:colliercl@dulwich.org.uk)**

## **DISTANCES**

**1.5km.** A great target for the novice swimmer to aim for. If you fancy working your way up to 60 lengths of a 25m pool whilst raising some much needed fundraising cash then this is the challenge for you!

**2.5km.** If you're looking to go to great lengths to get sponsored, then 100 lengths of a 25m pool is for you. Get ready to make some fundraising waves!

**5km.** The ultimate Swimathon challenge. This is our longest distance challenge for the serious swimmers out there. Expect lots of sponsors because completing 5km will leave everyone, including you, breathless.

**SimplySwim.** Take on one of our challenges under your own steam. SimplySwim lets you choose one of our Swimathon distances and your own pool to raise money for a challenge the whole family can get involved with.

### **Team distances:**

- 1.5km. Take on 60 lengths of a 25m pool as part of a team with your friends and family. Tell everyone you know and then watch your sponsorship total come along swimmingly.
- 5km. Round up your water-loving friends and take on the ultimate distance together (200 lengths of a 25m pool). Then soak in the sponsorship money and the glory of completing your challenge