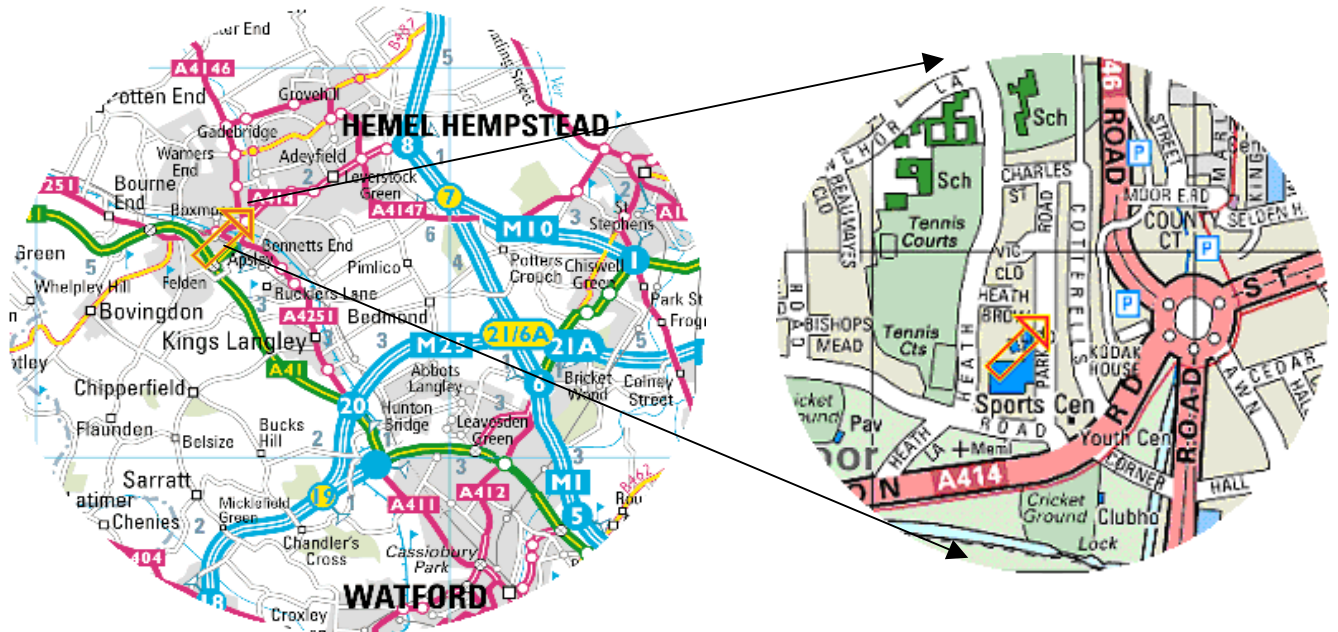


Indoor Sports Festival - 2006

SWIMMING TOURNAMENT - 2006

Date of the Event - 4th March 2006

Venue - Sportspace, Park Road
Hemel Hempstead, HP1 1JS. Tel: 0144 2228 188



For further information please contact:

Swimming	Under 8,10, 12, 14 and 16 & Open for Male & female.	06:30pm	Mr A Wimalathas 078 0156 8925
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Closing Date for entries - 27th February 2006

Download your entry form www.tamilshhealth.com

Aims

- To promote health and fitness among the Tamil community in the UK. A Lack of exercise increases the risk of obesity, high blood pressure, diabetes and coronary heart disease.
- All proceeds will go towards go towards the 'THAYAKAM' Cooperative Hospital Fund. **THAYAKAM**, a fully equipped tertiary care hospital will facilitate the expatriate health experts to contribute their services and train the local health professionals to international standard.



தமிழர் நலவாழ்வு நிறுவனம் - ஐக்கிய இராச்சியம்
Tamil Health Organization - United Kingdom

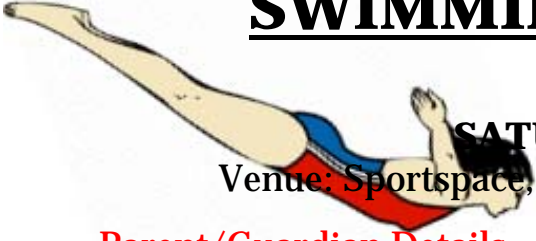
ஆரோக்கியமான சமூகத்தை நோக்கி
Towards a healthy nation

web site: www.tamilshhealth.com
email: info@tamilshhealth.com

Discussion Group: <http://groups.yahoo.com/group/tamilshhealth>
THO-UK is registered Charity in the UK. Charity No. 1112612

SWIMMING TOURNAMENT – 2006

ENTRY FORM



SATURDAY, 4th MARCH 2006

Venue: Sportspace, Park Road, Hemel Hempstead, Herts, HP1 1JS.

Parent/Guardian Details

Surname

Initials

First Name

Address

Postcode

Email

Phone

CLOSING DATE FOR ALL ENTRIES 27th FEB 2006

Fees: Single entry - £5.00

Swimming	Under 8, 10, 12, 14 , 16 & Open for Male & female. Under 12s are allowed only for 25m, one length	Starts at 06:30pm	Mr A Wimal 078 0156 8925
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No.	Participant Names	Date of Birth	Age at 01/10/06	Style	Length	
					25m	50m
1				<input type="checkbox"/> Free <input type="checkbox"/> Breaststroke		
2				<input type="checkbox"/> Free <input type="checkbox"/> Breaststroke		
3				<input type="checkbox"/> Free <input type="checkbox"/> Breaststroke		
4				<input type="checkbox"/> Free <input type="checkbox"/> Breaststroke		
5				<input type="checkbox"/> Free <input type="checkbox"/> Breaststroke		

Application Acceptance Rules

- Entry forms will not be accepted without appropriate entry fee.
- Make cheque payable to **THO-UK**.
- Post your entry to **Mr A Wimal, Indoors Sports Festival, 95 Knightwood Crescent, New Malden, Surrey. KT3 5JP.**
- Contact Details Mr A Wimalathas – 0780 156 8925

We/I agree to abide by the rules of the International Swimming Federation and judges decision.

Name (please print)

Signature:



தமிழர் நலவாழ்வு நிறுவனம் - ஐக்கிய இராச்சியம்
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