



தமிழர் நலவாழ்வு நிறுவனம் - ஐக்கிய இராச்சியம்  
**Tamils Health Organization - United Kingdom**

ஆரோக்கியமான சமூகத்தை நோக்கி  
Towards a healthy nation

# SWIMATHON - 2006

## SWIMATHON ENTRY FORM

### 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.
  - Date** : SATURDAY, 4th MARCH 2006
  - Venue** : Sportspace, Park Road, Hemel Hempstead, Herts, HP1 1JS.

<b>Swimathon</b>	<b>Open for male/female.</b>	<b>07:30-10:00pm</b>
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### Please Complete the Sponsor form.

<b>Name</b>		<b>Age</b>		<b>Gender</b>	<b>M</b>	<b>F</b>
<b>Address</b>				<b>Postcode</b>		
<b>Phone</b>		<b>Mobile</b>		<b>Lengths</b>		

### Sponsor Form

	<u>Name</u>	<u>Signature</u>	<u>Amount</u>	<u>Paid</u>
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Official Use Only

Authorised Signature

No. Lengths

Start Time

End