



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

ஆரோக்கியமான சமூகத்தை நோக்கி  
Towards a healthy nation



**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 “*EMERGRNCY MEDICAL FOUND*”.

**Closing Date for entries - 26<sup>th</sup> March 2007**

Date of event: 1<sup>st</sup> April 2007

Venue: Sports Centre, Dulwich College, College Road  
London, SE21 7LD (Car Park at Dulwich College)

<b>Swimathon</b>	<b>Open for male/female.</b>	<b>5:00pm - 6:00pm</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>
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Official Use Only

Authorised Signature

No. Lengths

Start Time

End