



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

ஆரோக்கியமான சமூகத்தை நோக்கி
Towards a healthy nation

SWIMATHON - 2008



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 - 7th April 2008

Date of event: Sunday, 20th April 2008
Venue: Sports Centre, Dulwich College, College Road
London, SE21 7LD (Car Park at Dulwich College)

Swimathon	Open for male/female.	5:00pm - 6:00pm
------------------	------------------------------	------------------------

Please Complete the Sponsor form.

Name		Age		Gender	M	F
Address				Postcode		
Phone		Mobile		Lengths		

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