

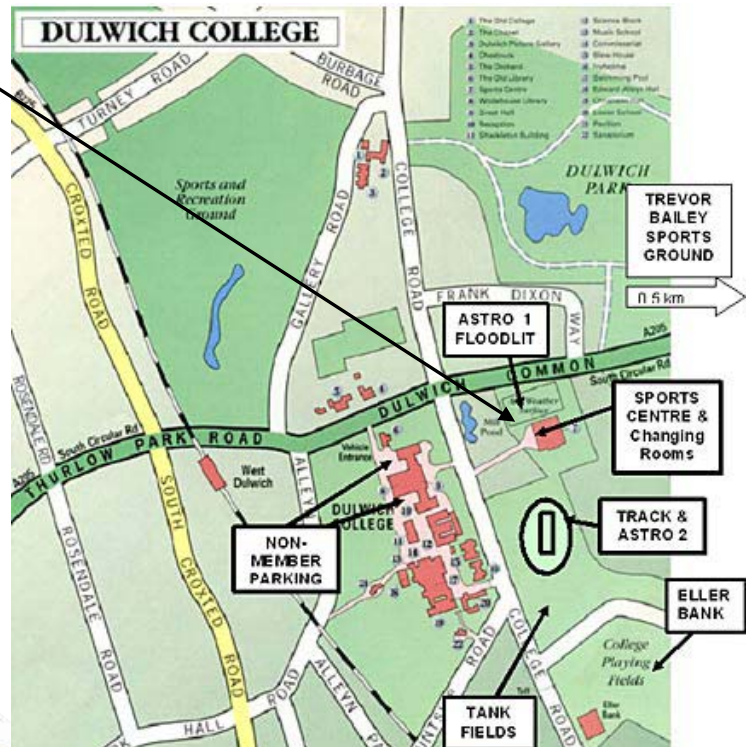
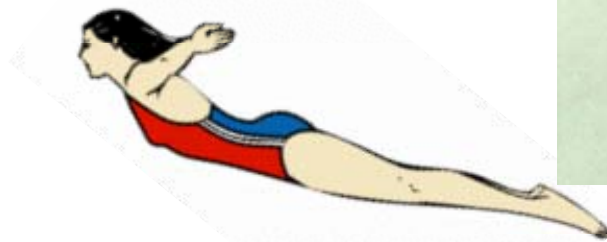
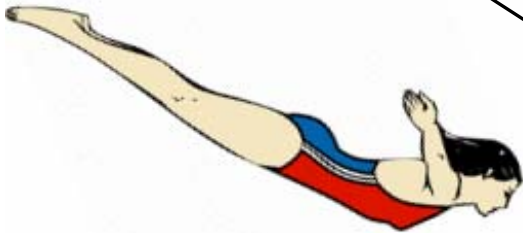
3rd Indoor Sports Festival

Tamils Health Organization-United Kingdom (THO-UK) is organising an Indoor Sports Festival for young and adults.

SWIMMING - TOURNAMENT - 2008

Date of event: Sunday, 20th April 2008

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



For further information please contact:

Swimming	Under 8,10, 12, 14 and 16 & Open for Male & female.	06:30pm	Mr Wimal 078 0156 8925
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Download your entry form www.tamilshealth.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 **"EMERGRNCY MEDICAL FOUND"**.

Closing Date for entries 17th April 2008



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

ஆரோக்கியமான சமூகத்தை நோக்கி
Towards a healthy nation

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

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

SWIMMING TOURNAMENT – 2008

ENTRY FORM

Closing Date for entries 17th April 2008

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

Parent/Guardian Details

Surname _____ Initials _____

First Name _____

Address _____

Postcode _____

Email _____

Phone _____

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 01/10/08	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 *Swimming, Indoors Sports Festival, 95 Knightwood Crescent New Malden Surrey, KT3 5JP*.
- Contact Details Mr Wimal – 0780 156 8925

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

Parent/Guardian

Signature: _____



தமிழர் நலவாழ்வு நிறுவனம் - ஐக்கிய இராச்சியம்
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