

LONG DISTANCE SWIM

Tuesday 23rd March

At

Kingstanding Leisure Centre

6pm

“The object of this swim is for individual swimmers to achieve the greatest possible distance within one hour.”

This is a great opportunity for you to prove your fitness levels to both yourselves and your coaches.

Just because you do not excel in galas over shorter distances does not mean that you are not a good swimmer. Many people have physiques which are suited to endurance events. Distance swimming could be your sport!

Please confirm with
Dave Marsh if you are going to attend
Via
'Contact Us'
boldmereswimmingclub.co.uk

Ashley Cox has agreed that this is open to all swimmers other than those who are currently training for Midland and National Events.