



**BRITISH LONG DISTANCE
SWIMMING ASSOCIATION**

ONE HOUR POSTAL SWIM
HON. SEC. MR D.FEAKES
HIGHER VIEW,
OFFAL PIT LANE, NEWTON,
FRODSHAM, CHESHIRE,
ENGLAND WA6 6TN

Dear Fellow swimmers,

On behalf of the B.L.D.S.A. may I invite you and, if you are part of a club, your fellow members to take part in our Annual One Hour Postal Swim.

For those who have not taken part before, the aim is to swim as far as you can, in your own pool, in one hour. Every entrant receives a cloth badge as a souvenir of the event with medals being awarded as detailed below. There is a team competition run in parallel with the individual events for which medals are awarded to the first three teams in each age group.

With a closing date of 1st March, the swims can take place anytime during January and February in a swimming pool at least 25 yards long.

We welcome participation by everyone, whether or not you are a member of a club, young or old, male or female, this is what the swim is all about. We all like to set ourselves goals and see how we compare with other like minded people. You do NOT have to swim for an hour, just as far as you can. This is your chance to pit yourself against your personal best distance swum in an hour or set yourself a target to go for next year. We also take great pleasure in welcoming disabled swimmers to participate in the event. Disabled swimmers are divided into one of the following three categories to define the degree of their disability:

1. **Ambulant:** Those with a predominantly physical disability.
2. **Wheelchair:** Those who spend most of their time in a wheelchair.
3. **Non-physical:** Those with a non-physical disability (i.e. mental/sensory disability)

Club coaches will decide into which category each swimmer fits. Therefore will all disabled swimmers put a bracket H behind their name along with the number relevant to their condition e.g.(H1,H2 or H3).

Medals for **ALL** individual events will be awarded as follows:

- Up to 5 competitors: Gold Medal
Between 6 and 10 competitors: Gold and silver Medals
Over 10 competitors: Gold, Silver and Bronze Medals.

I welcome your participation in this years event and hope that all competitors will have an enjoyable, successful swim.

Please note that, due to the increased costs associated with running the swim, it has been necessary to increase the individual entry fee and the cost of the result sheets for this years swim.

Good Luck
David Feakes,
Hon.Postal Swim Secretary