



# British Long Distance Swimming Association One Hour Postal Swim 2010

## How far can you swim in one hour?

Individual and team  
competitions  
Disabled swimmers  
welcome



Badges for all entrants  
Medals for each age  
group and category

Closing date 1<sup>st</sup> March 2010

For further details please go to the Postal Swim  
website at [www.postalswim.com](http://www.postalswim.com)

or

contact Alan Pomfret

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