

FREE children's event

Swim-n-Run

its called an

“Aquathlon”

everyone welcome

29th March 2009 – Enter on the day from 12:30pm

Newham Leisure Centre, 281 Prince Regent Lane E13 8SD

	Age	Distances
A	Age 11-12 years	Swim 200m then Run 1 km
B	Age 13-14 years	Swim 250m then Run 2 km
C	Age 15-17 years	Swim 400m then Run 3 km

FREE ENTRY

COME AND TRY IT OUT – YOU'LL GET A MEDAL

PLEASE CONTACT JON TRAIN FOR MORE INFORMATION:-
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