



South London Swimming Club and Tooting Bec Lido

Tooting Bec Lido is the largest freshwater pool in England and offers a welcome sanctuary from the hustle and bustle of London.

The Lido is open every day of the year, but only members of the South London Swimming Club can swim here in the winter. The Club holds races every Sunday morning and a host of events throughout the year. Whether you are eight or 80 you can become involved in an active Lido community.

Full annual membership of the South London Swimming Club runs from April to March and includes free entry to the Lido throughout the year.

Find out more about joining the South London Swimming Club at our stall in the main tent or at www.slsc.org.uk

A special thank you to all our sponsors:



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The SLSC UK Cold Water Swimming Championships are supported by:



UK COLD WATER SWIMMING CHAMPIONSHIPS

26 JANUARY 2013

Welcome to the 2013 UK Cold Water Swimming Championships on behalf of the South London Swimming Club.

This event has gone from strength to strength over the years – to the point that this time the races were full before Christmas. It's a shame the hours of daylight are so short during the icy season, or we could have added more races to the programme.

I'd like to take this opportunity to say how grateful we are to both Wandsworth Council and DC Leisure for their on-going support of the Lido, and to all our generous sponsors, including bigfire for the loan of the much enjoyed (and needed) hot tubs.

Finally, a huge thanks to the army of volunteers and club members who have dedicated their time over the last few weeks and months to make this event a success, not least Margy Sullivan who, despite undergoing major surgery in November, has managed to mastermind the organisation of the Championships.

I hope everyone enjoys this celebration of cold water swimming – may the water be cold and the sun bright!

Giles Meyer, SLSC President



Tweet
your pictures
@slsclido
#coldswim



- 9.00am** Opening ceremony
- 9.10am** Freestyle heats 60s to under 20s
- 10.35am** Head-up breaststroke heats 60s to 20s
- 11.55am** Relay races
- 1.15pm** Head-up breaststroke finals 70s to under 20s
- 1.40pm** Freestyle finals over 80s to under 20s
- 2.20pm** Best hat parade
- 2.30pm** Endurance swim – 500 yards by VERY hardy people!
- 2.55pm** Lido song
- 3.00pm** Award ceremony, prize for best hat of the day and raffle draw
- 4.30pm** Close

Not racing but fancy a dip?

Try the dipping lane – anyone can have a go and join the cold rush

Pay £5 at the registration desk, get a ticket and try a refreshing dip. Dippers can use the sauna and hot tub to warm up afterwards too!

Useful stuff to know

- All swimmers start in the water.
- In the freestyle and head-up breaststroke races competitors will swim in one heat in their age category. Everyone will be timed and the fastest six to eight will go into a final later in the day. Winning a heat does not guarantee a place in the final. If only eight swimmers or fewer are entered into an age category they go straight to a final without a heat.
- Each relay race is timed but there are no finals. The winners are the fastest team in each age category. Each race will have some teams over a combined age of 180 and some under 180 years.
- Everyone swims at the same time in the endurance event, but it is not competitive. It's all about endurance.
- The best hat competition is only for those who race in the head-up breaststroke or relays with their hat on.

RAFFLE – fabulous prizes

Get your raffle tickets from volunteers wearing blue ponchos. First prize is a wonderful Strel Swimming Adventure to Slovenia, second prize is a lovely 'wet weekend' holiday donated by Gone Swimming, third prize is an insulated jacket from cold water surf brand Finisterre, fourth prize is a thrilling speedboat ride for two on the River Thames from Attraction Tickets Direct and fifth prize is an SLSC gift pack. Tickets £5 each or five for £20.

There's a lot going on in the main tent

Antic and the Antelope serving mulled drinks and traditional ales.



The Big Blue Swimming adventure holidays in Greece.



Big Chill Swim A new cold water competition in Lake Windermere.



Cycle cinema Free! Cycle yourself warm to watch short films.



Lucinda Denning Original paintings of the Lido plus gorgeous cards.



Fairy cakes and tea SLSC members have baked up a storm.



Fine Designs Design your own Championships t-shirt or hoodie.



Finisterre Fabulous warm clothes from cold water surf brand.



Friends of Tooting Common Find out what the friends get up to.



Gone Swimming specialise in relaxed swimming holidays in Wales.



H2Open magazine The only dedicated open water swimming mag.



MAC Tooting Commons Management Advisory Committee.

Macmillan Cancer Support Find out about their fundraising swims.



SLSC stall/INFORMATION Join the South London Swimming Club.



Strel Swimming Adventures Open water swimming holidays in Europe.



Swimming Without Stress Quality advice, courses and kit.



Transition Town Tooting A sustainable future for Tooting.



Wandering Star All weather sports change gear.



Delicious food just outside the main tent

Curry Cook House Good, honest, authentic home cooked curry.



Roast Hog Scrummy, succulent spit-roast pork sandwiches.



Shot Stop Delicious hot drinks from a dinky van.



Simmons Creperie Tasty, traditional galettes and crêpes.



And near the sauna – more warm spots

bigfire kindly lent us two wood-fired Dutchtubs to warm you up.

