South London Swimming Club and Tooting Bec Lido

Tooting Bec Lido is the largest fresh water 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. Annual membership of the South London Swimming Club runs from April to March, and full membership 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.sls.org.uk

The goodies in the winners’ bags and the prizes for the endurance swim, crazy hat competition and raffle have been kindly donated by:

- **dorset cereals**
  
  www.dorsetcereals.co.uk

- **EAT NATURAL**
  
  www.eatnatural.co.uk

- **orbana**
  
  www.orbana.com

- **finisterre**
  
  www.finisterreuk.com

- **Swimming without Stress**
  
  www.strelswimming.com

- **www.swimmingwithoutstress.co.uk

Sainsbury’s Balham has kindly donated the Buck’s Fizz for the barn dance.

Sainsbury’s

Try something new today

The SLSC UK Cold Water Swimming Championships are supported by:

- **Wandsworth**

- **D C LEISURE GROUP**

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UK COLD WATER SWIMMING CHAMPIONSHIPS

22 JANUARY 2011

On behalf of the South London Swimming Club, I would like to welcome you to Tooting Bec Lido and the UK Cold Water Swimming Championships 2011.

It’s only possible for us to put the championships on because we have an army of volunteers – from the organisers, who put in many hours of hard work, to the dozens of people who help on the day. Many thanks to them all. The participation of Club members and their friends and relatives is crucial to what is fast becoming a regular fixture in the swimming calendar.

Thanks also to Wandsworth Borough Council, DC Leisure and all the lifeguards who have helped us stage this event.

If you are swimming today, you will be able to thaw out afterwards in the log cabin sauna, donated to the Club by its makers, the Finnish company Honka. Or you can relax in the hot tub, kindly lent to us by the Outdoor Swimming Society.

Good luck in your races – and we hope to see you at the Lido again.

**Naomi Branston**, SLSC President
UK COLD WATER SWIMMING CHAMPIONSHIPS 2011

- 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 will go into a final later in the day. Winning a heat does not guarantee a place in the final. If only six swimmers are entered into an age category they go straight to a final.
- Each relay race is timed but there are no finals. The winners are the fastest team in each age category. Each heat 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 is all about endurance.
- The crazy hat competition is only for those who race with their hat on.

09.00 Opening ceremony
   The 2011 championships start with a fanfare and a splash

09.10 Freestyle heats 50s to under 20s

10.35 Head-up breaststroke heats 60s to 20s

12.05 Relay races

13.10 Head-up breaststroke finals over 80s to under 20s

13.40 Freestyle finals over 80s to under 20s

14.30 Endurance swims
   Circuits rather than widths of freezings swims by VERY hardy people!

15.00 Award ceremony, prize for best hat of the day and raffle draw

16.30 Close

19.30 Barn dance A good old warming knees up. Classic Club, Tooting Bec (ticket only – please collect your tickets in the registration tent)

Not racing but fancy a dip?
Try the dipping lane – anyone can have a go
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!

There’s a lot going on in the main tent

Championship ales All proceeds go to the SLSC.
Cycle cinema Free! Cycle yourself warm to watch short films.
DC Leisure See what DC membership offers.
Eloise Lingerie Swimwear that’s stylish and flattering.
Fairy cakes and tea SLSC members have baked up a storm.
Fine Designs Design your own Championships t-shirt or hoodie.
Helen Beard Ceramics Quirky, illustrated, hand-thrown pottery.
Hot Bikram Yoga The fastest growing yoga in the world.
Jami Designs Home-made jams, bags and jewellery.
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.
Swimtrek Swimming adventure holidays.
Swimovate Cutting edge training tools for swimmers.
Transition Town Tooting From oil dependency to resilience.
Verde Heavenly fragrances and therapeutic, natural skin care.

Delicious food just outside the main tent
Simmons Creperie Delicious, traditional galettes and crêpes.
Roast Hog Scrummy, succulent spit-roast pork sandwiches.
Volcano Coffee Works Gourmet, hand-roasted coffee.

And near the sauna
Absolute Massage London £8 for 15 minutes or £15 for half an hour.
Outdoor Swimming Society hot tub Free! Warm up post-swim.