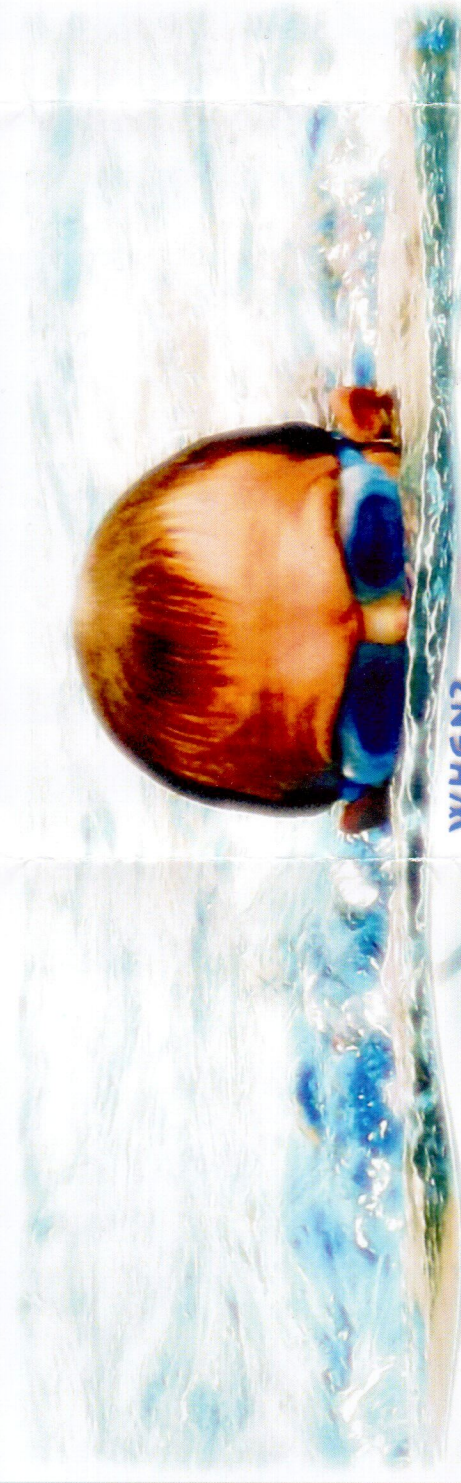
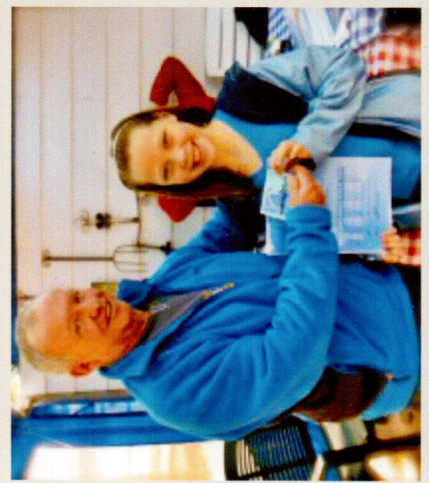




**YOUR REWARD**

A CERTIFICATE WITH YOUR TIMES, A FABRIC BADGE AND BEST OF ALL, BRAGGING RIGHTS TO SAY THAT YOU HAVE SWUM 1500 METERS BUTTERFLY!



**WHEN? 1 MONTH TO COMPLETE THE CHALLENGE FROM APRIL - MAY 2013**

**WHERE?**

**AT YOUR NEAREST SWIMMING POOL**

**WHAT?**

**25, 50, 100, 200, 400, 800 + 1500 METERS BACKSTROKE, BREASTSTROKE, FREESTYLE + BUTTERFLY**

Record your times in the table below, scan this page and email it to Joe Hillstrom at [jofishill@hotmail.com](mailto:jofishill@hotmail.com). You can also contact Joe on 072 235 4800.

Distance	Butterfly	Backstroke	Breaststroke	Freestyle
25m				
50m				
100m				
200m				
400m				
800m				
1500m				