## **CHARITY LAKE SWIM**

Held in aid of Mayor of Colchester's Charities



participant



Food and drink available to purchase

## **Sunday 17th September**

Adults Registration 8:30am - 9am start Child Registration 10:30 - 11am start

Mersea Boating Lake, Rewsalls Lane, Mersea CO5 8SX Adults over 16, three distances -1 km, 2km and 5km (elite)

Children up to 15 years of age - up to 1km

Contact paul.button@freedomboatadventures.com











