

# UK Cold Water Swimming Championships

Tooting Bec Lido, London

22 January 2011



Founded in 2006, this unique event brings swimmers of all ages and abilities together for a festival of cold-water fun, competition and bravery.

Jump in at [www.slsc.org.uk](http://www.slsc.org.uk)

Applications close  
24 December 2010.



## Races:

- head up breaststroke 30m
- team relay 4 x 30m
- freestyle 30m
- endurance swim.

## Enjoy:

- crazy hat competition
- hog roast
- championship real ales
- hot tub and sauna.



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