



BRITISH LONG DISTANCE SWIMMING ASSOCIATION

CHAMPIONSHIP ENTRY FORM

CHAMPIONSHIP	Loch Lomond (Senior)
DISTANCE	21.75 Miles
DAY / DATE	Saturday 16 th / Sunday 17 th August 2008
ENTRY FEE	£50.00
CLOSING DATE	Saturday 19th July 2008

PLEASE USE BLOCK (CAPITAL) LETTERS TO COMPLETE ALL SECTIONS OF THIS FORM.

(PLEASE NOTE ENTRIES WILL ONLY BE ACCEPTED FROM FULLY PAID UP MEMBERS OF THE B.L.D.S.A.)

ENTRANT: Please enter me for the above Championship in the following event.

I enclose a SAE for acknowledgement, and cheque/P.O. made payable to the B.L.D.S.A.

LADIES <input type="checkbox"/>	GENTS <input type="checkbox"/>	F/STYLE <input type="checkbox"/>	BRST/S <input type="checkbox"/>	Please tick as appropriate
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SURNAME:	
FORENAME:	
AGE:	DATE OF BIRTH: / /

ADDRESS:	
POSTCODE:	

TELEPHONE NUMBER:	
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BLDSA MEMBERSHIP NUMBER:	
e.mail address:	

CLUB / TOWN (For programme and results)	
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LONG DISTANCE SWIMMING EXPERIENCE:

Please note swims completed during the last two years of a minimum of eight miles:

Swim: _____	Date: _____	Time Taken: _____
Swim: _____	Date: _____	Time Taken: _____
Swim: _____	Date: _____	Time Taken: _____
Swim: _____	Date: _____	Time Taken: _____

Estimate of time for completing the Loch Lomond Swim: _____

BOAT

Swimmers are responsible for providing their own boat and crew, through prior arrangement with myself boats can be hired at Loch Lomond see info sheet for more details

Can you bring a boat? **YES** **NO** (Please tick)

IF YES. Please give details of boat

BOAT CREW

Who will you be accompanied by?

Please give details.

P.L.S.

OARS

LIFE-SAVER

NAME	1.	2.	3.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1.	2.	3.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2.	3.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3.			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

International Swimmers

PLEASE NOTE: CIVIL LIABILITY INDEMNITY AND PERSONAL ACCIDENT COVER IS ONLY PROVIDED TO THOSE MEMBERS OF THE B.L.D.S.A. WHO ARE UK RESIDENTS.

INTERNATIONAL COMPETITORS MUST ATTACH A COPY OF A 2007 MEMBERSHIP CARD FROM YOUR COUNTRY'S GOVERNING BODY OR EVIDENCE OF ALTERNATIVE PERSONAL INSURANCE WHICH COVERS PARTICIPATION IN OPEN WATER SWIMMING EVENTS.

CERTIFICATE OF SWIMMING ABILITY

I certify that in my opinion and having regard to the nature of this Championship, I am competent to complete the distance.

SIGNED:

NAME:

DATE:

MEDICAL DECLARATION

Do you have any medical problems we should be aware of? YES NO

If yes please list these here:

Should you require medical assistance at this event is there any special medication or treatment you require. If so please list this here:

IT IS YOUR RESPONSIBILITY TO MAKE SURE YOU HAVE YOUR MEDICATION WITH YOU AND IT IS EASILY ACCESSIBLE SHOULD YOU NEED IT.

DECLARATION

- I am an eligible competitor in accordance with the B.L.D.S.A. Championship Rules.
- I have read, understand and will abide by the B.L.D.S.A. Championship Rules.
- I am a fully paid up member (or life member) of the B.L.D.S.A.
- The particulars given on this entry form are true.
- I am not suffering from any illness or disability known to me which would render my participation in this Championship inadvisable. **(A MEDICAL EXAMINATION MAY BE REQUIRED)**
- "I acknowledge that I am aware of all the risks inherent in open water swimming. I hereby waive any and all rights to claims for loss or damages, arising out of my participation in this event, against the B.L.D.S.A. or any individuals officiating or supervising this B.L.D.S.A. event."
I acknowledge that the B.L.D.S.A. relies entirely on the contents of this Entry Form in accepting my request for inclusion in these Championships.

SIGNATURE OF ENTRANT:

DATE:

SIGNATURE OF PARENT:

DATE:

(If entrant is under 18 years of age)

PLEASE RETURN THIS FORM (WITH FEE) TO:

Mrs J Wilson, 1 Hardwick Cottages, Straight lane, Addingham Moorside, Ilkley W. Yorks. LS29 9JU Tel 07957348328 or 01943 830042 Email: janetwilson22@aol.com

Cheques, Postal Orders etc are to be made payable to "B.L.D.S.A." Please enclose a stamped addressed envelope with the entry form.



BRITISH LONG DISTANCE SWIMMING ASSOCIATION

LOCH LOMOND CHAMPIONSHIPS

PRELIMINARY SWIM INFORMATION

Date of Swim: Saturday 16th / Sunday 17th August 2008
Course: **Start:** Beach at Ardlui, **Finish:** Beach at Drumkinnon Bay
Start Time: Staggered start, Start times not known until all entries received.
Briefing: Saturday time unknown until all entries are received. This will be on the beach at the Ardlui Hotel. Please contact the organiser Janet Wilson by Mobile phone on arrival at Ardlui.

Showers:

Showers will be available at the end of the swim at a cost of 50p, this facility will be available after 8am.

Boats:

- Swimmers are responsible for providing their own boat. Through prior with myself arrangement I will be able to hire you a boat from Macfarlane & Son, Balmaha Boat Yard, Balmaha; these are traditional clinker boats, which are supplied with engine & oars. I have spoken to the boat yard and have agreed a price of £50 if the boats are returned by around 9am Sunday if they are later than this there may be an extra charge. Any swimmer using these boats will be responsible for getting the boat from the boat yard to the start of the swim, which take approximately 4 hours also boats should be paid for on the day to the boatyard.
- Any Swimmer supplying their own boat will have to register the boat at Loch lomond there is no charge to register a boat but you are required to pay £5 for the necessary signage for your boat. If you need to register a boat please let me know with your entry.
- Your crew are responsible for navigating you and your boat from Ardlui to Drumkinnon Bay. Further details will be sent to all applicants but you are strongly advised to obtain an ordinance survey map and plan your route.
- The crew on your boat must be experienced and should include a pilot lifesaver or equivalently trained and **all crew members must be able to swim.**

Entry is restricted to BLDSA members only and they must have completed at least one swim longer than 7 miles.

Trophies: Men's Championship The 'Walter Bradley' Trophy
 Ladies Championship The 'W Thrall' Trophy

Accommodation: There is plenty of accommodation in the Loch lomond area, but it is advisable to book well in advance.

For more details contact:

Mrs J Wilson, 1 Hardwick Cottages, Straight lane, addingham Moorside, Ilkley W. Yorks. LS29 9JU Tel 07957348328 or 01943 830042 Email: janetwilson22@aol.com