**ROTTINGDEAN & SALTDEAN LIONS CLUB**

**SPONSORED SWIM**

Every year Rottingdean & Saltdean Lions organise a sponsored swim at Roedean School Swimming Pool. We invite local organisations/clubs/schools/businesses/and groups of friends to form teams to participate.

In 2019, the event will be held on Sunday 20 October.

Teams can comprise any number of people (but if more than 6 we may split them to avoid congestion) and swim, normally in relay style, for up to 55 minutes. We record the number of laps (1 lap = 2 lengths of the pool) and ask teams to seek their own sponsorship.

When the sponsorship money is collected, teams may retain 50% for their charitable purposes. We ask that the other 50% is donated to the Lions for our own charities. The main beneficiary of the Lions share of the funds raised is *the Chestnut Tree House Children’s Hospice.*

The Lions Challenge Shield is held for the year by the team raising the most money.

We supply sponsorship forms so all you have to do is to find sponsors.

We ask that, where possible, teams request sponsors to agree to our seeking to reclaim Gift Aid from HMRC. This goes towards our direct costs for the event, such as pool hire and lifeguard, with any balance being donated to our general charities.

We hope that you can support the event.

If you wish to enter a team, you can download the documents here. If you need further information, please contact Lion Ian Christie:

 *Tel:* 01273 960437, or 07917155048

 *Email:* ian\_christie@yahoo.co.uk