

Horsham Lions have been supporting families, charities & good causes for over 50 years



The Phoenix Stroke Club
Supporting Stroke Survivors

Swimarathon 2025

HORSHAM LIONS CLUB

Sunday 23 March 2025 at The Pavilions in the Park, Horsham

Dear Friend

On behalf of Horsham Lions Club, I would like to invite you to enter a team, or teams, into our fourteenth annual Swimarathon at The Pavilions in the Park, Horsham, on Sunday 23 March 2025, starting at 11am. I enclose an entry form and a copy of the general conditions for the event, together with an A4 poster. We would appreciate your help in publicising the event by placing the poster on notice boards and in as many public places as possible. Thank you.

Over the last 13 years the Swimarathon has raised more than £71,500 for many deserving causes in the Horsham area.

The objective of the Swimarathon 2025 is to raise funds which will enable Horsham Lions to continue to help more people, good causes and charities in the Horsham area. This year we are supporting The Phoenix Stroke Club who are based in Horsham. The Phoenix Stroke Club supports stroke survivors by providing a range of stimulating activities that aim to restore confidence and improve communication and mobility. The Club is currently undertaking a major refurbishment of their kitchen facilities to ensure that both their members and volunteers can enjoy a freshly made two course meal.

The Swimarathon is run on a 50/50 basis. Half the money you raise by sponsorship will benefit a good cause of your choice, this can be your favourite charity, your club or maybe your school. The other half will benefit The Phoenix Stroke Club alongside other charities regularly supported by Horsham Lions Club.

Taking part is very easy; there is no entry fee. You will need a team of up to 6 swimmers plus an adult non-swimming team captain. All ages can take part, from 8 years upwards. The first member of a team swims one length of the pool and then relaxes while the other members of the team each swim a length of 25 metres in turn. The first swimmer then swims again and so on for 55 minutes. There could be up to eight teams swimming each hour. The first teams start swimming at **11 am**, with other teams starting on the hour until **3pm** when the last teams will start their swim. Why not ask your friends and colleagues to have a go? It's great fun and good healthy exercise! All swimmers will be presented with a commemorative medal.

The team captain ensures that swimmers are ready to swim at the appointed time, manages the swimmers on the poolside and counts the number of lengths completed by their team. The team captain is also responsible for ensuring that all sponsorship monies pledged are collected and that 50% is paid to Horsham Lions Club as soon as possible after the event and at the latest by **15 June 2025**.

To take part please complete the entry form and return it to myself at the address at the foot of the entry form. If your team wishes to swim at a particular time then please send the entry form in as quickly as possible: it is first come, first served! In recent years this popular event has become **oversubscribed**, so to be sure of a place, **please get your entry in early**.

If you need any further information, please do not hesitate to get in to touch. Please also advise us if you will require assistance for your swimmers to enter and/or exit the swimming pool. Thank you.

Gordon Hoare
Horsham Lions Club
39 Curzon Avenue, Horsham, RH12 2LA

Telephone: 01403 253782
Email: horsham.dkw.karate@talktalk.net

www.horshamlionsclub.org

Horsham Lions Club (CIO) – Registered Charity Number 1183334

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ENTRY FORM

Name of Individual/Organisation/Club/School.....

Team Name

Name of Team Captain

Address of Team Captain.....
.....
.....

Email

Tel No..... Mobile No.....

Time you wish to swim

(Teams will commence swimming on the hour. First swim at 11am, last swim starts at 3pm)

Where swimmers are under 18 years of age, please indicate the number in each age group based on ages at the date of the Swimarathon:

Aged 12 and under..... Over 12 and up to 16..... Over 16

Details of the time your team will swim, sponsorship forms and parental consent forms will be sent to you on receipt of your entry form.

The **GENERAL CONDITIONS** applying to the event are attached.

I am the Team Captain. I understand that participation in the Swimarathon is on a 50/50 share basis of any money raised. We wish to nominate:

.....
(Name and address of your chosen good cause) to benefit from 50% of the money we raise.

Signed..... Date.....

Please indicate that you agree to Horsham Lions Club keeping your details on file for future events Thank you.

Please return to: Gordon Hoare
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Horsham
RH12 2LA.

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GENERAL CONDITIONS

HORSHAM LIONS CLUB SWIMARATHON will take place at The Pavilions in the Park Swimming Pool, Horsham on Sunday 23 March 2025.

The swim is open to all clubs, businesses, schools, associations, youth organisations, family groups etc. There is no limit to the number of teams entered by any one organisation.

Each team competing can consist of **UP TO SIX** swimmers and an adult non-swimming team captain. Should any member(s) of a team fail to report, reserves may be included until the start of the swim. Reserves may not be included once the swim has commenced.

All Swimmers must be able to swim a minimum of 25 metres and be able to swim out of their depth.

Every team will swim for a total of 55 minutes and each swimmer, in correct order, must swim one length of the pool, touching the end (e.g. as in a relay race). A length is 25 metres.

Only one swimmer of each team may swim at any one time. No swimmer may start a new length until the previous swimmer has completed their length of the pool. Ropes will mark the lanes but it is **NOT** permitted for swimmers to hang on these.

Sponsorship is based on the total number of lengths swum by **the whole team**.

The organisers will advise the captain of each team of the time when his or her team is required to swim and it will be the responsibility of the captain to inform the team of all relevant details. Teams must swim at the time stated by the organisers.

Entries must be made by completing the official Entry Form and HORSHAM LIONS CLUB must receive these forms by **Saturday 1 March 2025**. There is no entry fee. Entries will be limited to a maximum of 40 teams.

Horsham Lions Club reserve the right to make such conditions or alterations to the above as may be considered necessary.

Awards

All swimmers will be presented with a medal at the end of their swim.

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HORSHAM LIONS CLUB

Sunday 23 March 2025

at

The Pavilions in the Park, Horsham - starting at 11am

This is a sponsored swim, raising funds for local good causes & other charities supported by Horsham Lions Club

- ➔ **FREE ENTRY ! FREE SWIM !**
- ➔ Teams of up to 6 swimmers plus an adult non-swimming team captain
- ➔ All ages can take part - from 8 years upwards
- ➔ The first member of a team swims one length of the pool and then relaxes while other team members each swim a length of 25 metres in turn. The first swimmer then swims again and the pattern repeats for 55 minutes
- ➔ Eight teams swim per hour

Half the money you raise by sponsorship will benefit a good cause of your choice, this can be your favourite charity, your club or maybe your school. The other half will benefit local good causes in the Horsham area and other charities regularly supported by Horsham Lions Club including The Phoenix Stroke Club

Why not ask your friends and colleagues to have a go?

entry form and details from

enquiries@horshamlionsclub.org

Closing date for entries is Saturday 1 March 2025

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