





Name	Address/telephone number	Amount sponsored	Amount collected
<u>Continued from overleaf.</u>			
Totals			
Totals carried over from page one			
Total amounts raised			

**We thank you for helping to raise money for our main charity**

**The Wales Air Ambulance**  
**And Local Organisations**

**All sponsorship proceeds collected will be donated by the Swim Committee.**

**Important note to all swimmers: Keep Warm prior to the swim; No Alcohol before the swim;  
If you are over 50 or on Medication check with your Doctor**