

FRIDAY 24th JULY 2009

**Lemmings Beach to Tunnel
Beach, Happy Valley**

**Competitive Swim: 0715 hrs
Fun Swim: 0730 hrs**

**Entry Forms:
Station Gyms, HIVE, Service
Police Stations & Cyprusnet**



**Entry: €15 PER PERSON
(Includes t-shirt & medal)**

**Further Info: Capt Sheather (OIC)
WO1 Sheather/Cpl Ferguson (Registration)**

**Tel: (2596) 3574
Tel: (2596) 3061/3213**

**ALL PROCEEDS TO 'HELP FOR HEROES' AND LOCAL
CHARITY**