

TOOTING BEC LIDO

Tooting Bec Lido is the largest fresh water pool in England and offers a welcome sanctuary from the hustle and bustle of London. Set on Tooting Bec Common, the pool is circled by trees and gives you a chance to swim in the open air, enjoying the birdsong and your closeness to the elements.

Much has been written in the press recently about the benefits of cold water swimming, and regular users of Tooting Bec Lido would agree that a bracing winter dip can clear your head and boost your energy levels.

The Lido is open every day of the year, but only members of the South London Swimming Club can swim here in the winter. So why not discover the pleasures of cold water swimming for yourself by joining the Club?

From September to May the pool is open to members from 7am (or dawn, if it is later) until 2pm. There is a hoist that enables people with disabilities to get into the water, with the help of the lifeguards. The Club holds races every Sunday morning, and whether you are eight or 80 you will have a chance to become involved in an active Lido community. Club members can also take part in training sessions at an indoor pool on Monday evenings.

Annual membership of the South London Swimming Club runs from April to March and also gives you free entry to the pool throughout the summer. However, winter membership, lasting until March 2009, is still available at a reduced rate.

Find out more about joining the South London Swimming Club at our stall in the main tent or at **www.slsc.org.uk**

Supported by



UK COLD WATER SWIMMING CHAMPIONSHIPS

24 JANUARY 2009

On behalf of the South London Swimming Club, I would like to welcome you to Tooting Bec Lido and the UK Cold Water Swimming Championships 2009.

This is fast becoming an annual fixture in the swimming calendar – last year we hosted the international Winter Swimming Championships, which were hugely successful and attracted contestants from as far away as Australia, Canada and Russia.

I would like to thank the army of volunteers who make the championships possible – from the organisers, who put in many hours of hard work, to the dozens of people who help on the day. The participation of club members and their friends and relatives is crucial. In fact, the task is so Herculean that last year's helpers won the Wandsworth Volunteer Team of the Year award.

Thanks also to Wandsworth Borough Council, DC Leisure and all the lifeguards who have helped us stage this event.

If you are swimming today, you will be able to thaw out afterwards in the log cabin sauna, donated to the Club last year by its makers, the Finnish company Honka. Or you can relax in the hot tub, kindly lent to us by the Outdoor Swimming Society.

Good luck in your races – and we hope to see you at the Lido again.

Naomi Branston, SLSC President





UK COLD WATER SWIMMING CHAMPIONSHIPS 2009

All swimmers start in the water.
Heats may include more than one age group.
One age group may have several heats.
Placings in the finals will be based on best times.

09.00	Opening ceremony The 2009 championships start with a splash and a bang
09.15	Freestyle heats 50s to under 20s
10.37	Mixed freestyle final 70s and over 80s
10.45	Head up breaststroke heats 60s to under 20s
12.15	Relay races
13.15	Freestyle finals 60s to under 20s
13.30	Head up breaststroke finals over 80s to under 20s
14.30	Endurance swims Lengths rather than widths of ffffreezing swims by VERY hardy people!
15.00	Award ceremony and prize for best hat of the day
17.00	Close
19.30	Barn dance A good old knees up to get warm again at the Classic Club, Tooting Bec (ticket only)

If you fancy a dip but don't want to race

Try the dipping lane – anyone can have a go

Pay £5 at the registration desk, get a ticket and try a refreshing dip. Dippers can use the sauna and hot tub to warm up afterwards too!

In the main tent

Speciality beers

Blue Tits, Chilly Willy, Brass Monkeys and B.. B.. Beer – beers especially brewed for the occasion by Dark Star, Downton and Ascot Ales.

Transition Town Tooting

Find out about the transition town movement and the Earth Talk Walk.

Watery-themed films with piano accompaniment

A series of short films about swimming, including one about the Lido in winter.

Elizabeth Furth, author and photographer

Elizabeth exhibits some of her wonderful photographs.

Fairy cakes and tea

Enjoy delicious home-baked winter themed fairy cakes with a cup of tea.

Outdoor Swimming Society

Find out more about swimming outdoors. We believe it's time to get back to the joy of swimming under an open sky. Water needs no roof!

SLSC stall

Another chance to buy the lovely Lido calendar plus postcards, books and beanies.

Verde body lotions

Ruby Cook, from Verde, has created a special Championship ginger and chilli body rub. Come and see all her other products too.

Outside

Roast Hog

Bacon butties for breakfast plus a free range hog marinated with rosemary, fennel and garlic served in a ciabatta roll. Delicious vegetarian McSween's haggis too.

Organic, fairly traded coffee from Full Steam Espresso

Lovely espressos, cappuccinos and more.
