



# Salmon Swimming Club Annual Swimathon 2022

**Saturday 19 November 4.00-5.30pm**



In aid of Up on Downs, registered charity number 1126111, supporting the families of those with Down's Syndrome in Hertfordshire

Name of swimmer: \_\_\_\_\_

Name of Sponsor	Contact number / email	Amount sponsored per length	Total money due (fill this in after the event)	I will donate a one off payment of...
			<b>Total</b>	

All sponsorship money to be returned to Salmon front desk. If you would prefer to submit your sponsorship online, or make a donation to Up on Downs, please do so using the [Up on Downs Charities Aid Foundation page](https://cafdonate.cafonline.org/18707) (<https://cafdonate.cafonline.org/18707>), with many thanks.

