



Channel Swimming Association Ltd.
Newsletter 18
February 2010

Celebrating over 80 years of serving Channel Swimmers

Dear Member,

Welcome to our February 2010 Newsletter.

Yes, it is true, there is a similarity with London buses, for months you don't see one and then suddenly 3 come all at once. The answer is that we probably all have a little more time in the winter to get other things done.

Chairman's Message

Now that preparation for your great swim is at full speed I wish you a good luck.

Remember that your International representatives are available to help you and so are we. Please do not hesitate to email or phone if you have any questions.

BUT can I draw your attention to all that we include in the information pack. All we ask from you is that you have everything in order before you take off on the big day.

Much of what we say and advise can be of a great use during your swim.

Wishing you success

Peter Van Vooren

Chairman CSA

Blauwvoetlaan 43

8450 Bredene

Belgium

phone 00 32 (0) 59 273042

Mobile 00 32 (0) 475 364784

Mail pvvooren@skynet.be

2010 Membership.

Just a gentle reminder, if you have not already completed the Standing Order form, your membership fees were due by the 15th January please. Remember that as an Associate member in 2009 you are entitled to become a Full member, with voting rights, for 2010. We do our best to keep membership fees as low as possible to encourage you to stay in membership. All you have to do is to renew your membership or better still complete the Standing Order Form, return it to your bank and also let us know and your membership problems are solved.

Please use the membership forms at the end of this newsletter or on the website, www.channelswimmingassociation.com.

Channel Update

As of this morning (12th Feb) the temperature mid channel is an invigorating 41.2°F, having dropped 2.5°F in the last 18 hours.

Swimmers Liaison Officer.

In the previous newsletter, in my enthusiasm to get you to at least dip your toes into some cold water, I gave you a wrong telephone number for our Swimmers Liaison Officer. On arrival, please feel free to contact our Swimmers Liaison Officer, Dan Earthquake on Tel: **+44(0)7792 149 010**, who for some of the time is going to be staying in Folkestone. I am also pleased to tell you that sharing these duties with Dan, will be Trish Durden, her contact details to follow nearer the swim season.

News from the International Swimming Hall of Fame

Congratulations to Paul Asmuth who will be inducted into the ISHOF in May as an Honoree Swimmer. Paul made 3 England/France crossings, starting in 1985, his fastest was 8 hours 12 mins, followed by an 8.34 and his slowest.....9.05.

Best wishes to Kevin Murphy whose induction last year had to be postponed because of illness and is scheduled for May 2010.

News from the International Marathon Swimming Hall of Fame

We are delighted that a number of our members have been recognised in the 2009 Ballot

Our International Representative Chris Guesdon is awarded the Davids Wheeler Plate for his contribution to marathon swimming, especially his efforts to get our sport recognised as an Olympic event.

Channel Swimming Association Escort Pilots, Reg and Ray Brickell will be inducted into the Hall of Fame as Administrators for their contribution to Channel swimming over many years.

Our International Representative Chris Guesdon will be inducted into the Hall of Fame as an Administrator for his contribution to marathon swimming over many years.

Congratulations to Penny Palfrey who is inducted into the IMSHOF as an Honoree Swimmer. Penny also made 3 England/France crossings, starting in 1989, her fastest was 9 hours 07 mins, followed by an 9.16 and her slowest.....10.18. Unlike most of us Penny has got faster as the years have gone by.

Congratulations to James Pittar who is inducted into the IMSHOF as an Honoree Swimmer.

News from our Members

The Unsung heroes:

A Team Manager mentioned to me a few weeks ago that perhaps we did not give team managers the credit they deserve. Channel swimming has many similarities with climbing Mt Everest and is usually thought of as a sport for individuals, a battle of mind over matter, of gain over pain, but whose? As in the case in so many “individual sports” we sometimes forget, or just overlook the fact that the swimmer is so very much, part of a team. Sometimes it is conspicuous but very often it goes unnoticed and unheralded. But believe it or not, Channel Swimmers are usually part of a complex team and there is not a single Channel Swimmer who can claim, “I did it alone with just my own efforts”.

Who are these other unsung heroes? They are often many and various.

The facility providers: In this ever increasingly litigious time these are the real risk takers, prepared to give swimmers a chance rather than blindly tow the Health and Safety line. They stick their necks out when they do not really have too. They see potential and commitment and dedication and go out of their way, these are the enablers, people with vision and foresight, an increasingly rare breed, to whom most of us long distance swimmers probably owe a very big thank you.

Sponsors: Another ever increasingly rare breed of people who have as much faith in you as you have in yourself. Without their support and commitment very few swims would ever take place.

Team Managers: A nice job if you can get it, with bags of credit, but equally all the blame if the team are unsuccessful. Someone has to motivate the members, select some and disappoint others, who have tried so hard. Someone has to organise the swim, the application and registration, the medicals, select your pilot, your transport, accommodation, food, liaison with the pilot, all the daily administration and finally get six fit people at the right place at the right time.

Trainers/Coaches/Crews and Canoeists: Each will have their own reasons for supporting you, some over many years, but one thing is clear, without their continuous support your chances of being fit enough to take on the Channel are remote.

Mentors: Wives, husbands, girlfriends, boyfriends, family and sometimes boss. These are the people who make it possible for you to carry on, they provide the encouragement, they give you the confidence as it waxes and wanes, they commit to you and help you over the difficult times, over your disappointments and failures, over the periods of self doubt, over depression and despondency and all the hurdles that you have to face.

Channel Swimming Association: Largely in the background, but fighting to keep our sport alive and a permissible activity. We liaise with the British and French authorities to enable swimmers to achieve their dreams safely. We identify and select boats that are fit for purpose and pilots with a lifetime’s experience of the Dover Strait. We also arrange for an independent person to come out at any time of day or night to observe and record your feat, no matter how long you may take.

Pilot and Crew: It is not simply a case of putting the boat on a bearing of 140°, these men have the lives of both you and all those on the boat (often your very best friends) in their hands. A Channel swim is often a game of cat and mouse between the swimmer and the team on the boat. They see the stress and strain, the great courage and the heartache you are going through. Knowing when to motivate and how to motivate requires great skill. People react in very different ways when under pressure, exhausted, feeling sick, in pain and very cold. Rarely do two swimmers respond in the same way. A wrong word at the wrong time and mentally you are finished and the swim is aborted. The ability to motivate and lift you through the low moments requires considerable skill and tactfulness.

Observer: Probably the only member of your team, with the exception of the pilot and crew, who has ever been on a Channel swim. The person your team and probably you will come to depend on and trust more than anyone else, that independent link and bridge between you and the pilot, not to mention the recorder of the greatest feat in your life.

Quite rightly you take the credit and the glory for a fantastic achievement, but don't forget all those who have helped you to achieve your lifetime's dream. They deserve a lot of credit as well.

News from Gary Austin

We were delighted to hear from Gary Austin recently. In each newsletter we encourage you to take a look on the web site and even more importantly to purchase a Handbook, we promote you and you in turn help to keep the Association in good health, it is a win/win situation. Gary wrote to us because his friend was looking through the web site and could not find any reference to the Benoni Northern Singles 5 person Relay. His friend was right, the 2001 Benoni Northern Singles 5 person Relay had disappeared not only from the web site but also even more sadly, from three editions of the Handbook, the 2002, the 2005 and the 2009 editions. Our apologies to the Benoni Northern Singles 5 person Relay, you will be/are re-instated on the web site and will appear in the next edition of the Handbook.

News from Mallory Mead

Mallory tells us.....On the fundraising front, I received my very first two individual donations from two very special people. Megan, my very good friend from college and training buddy (Chi Color!) and Donna, one of my swimmers on the Lifetime Fitness Master's team. Thank you ladies for your generous donation and for getting us started!

I am working on putting together an open water swim/clinic on June 12, 2010 in Culver, Indiana called the Swim For Kid's Sake. The swim will benefit my fundraising initiative for Riley Hospital for Children and the PLGA Foundation and will include a ½ mile, 1 mile, 5k, and 10k swim, as well as an open water clinic taught by former World Open Water Champion Erica Rose, who is lending her support and is being an excellent sport about the whole thing. The event is structured to appeal to both seasoned open water swimmers as well as newbies and tri athletes.

There will be divisions for children as well as adults, so there is something for everyone. On the evening of June 11th, there will be a dinner for the athletes as well as the general public, during which, Erica and I will both be sharing our experiences in open water swimming and the great causes the event is dedicated to. This event has the potential to be huge and to become a yearly event, and if anyone is interested in becoming an event sponsor, drop me an email and I will send you the info! Look back to her website in February for the entry form.

News from Nejib Belhedi

Nejib writes to tell us that he has received an offer from the El Jezira company for 3 Channel swimmers and 3 companions to inaugurate its first swimming marathon fiesta (30 Km) in El Bibane Lake during April or May 2010, Date not yet finalised. The lake is near Djerba and Tataouine.

The El Jazira company is the commercial fishing company on lake El Bibane and it is willing to cover the costs of 2 nights in Djerba and 5 days in Douiret. Swimmers will need to make there own way to Djerba. Tunisian, Moroccan, Algerian and Libyan swimmers are invited too. El Bibane is the largest coastal lagoon in Tunisia covering 230km², max length 30km, max width 10km, its composition is close to sea water and it supports more than 60 species of marine fish. The maximum depth is 6.8m and the average is 4m. Temperature, suffice it to say that it is on the same latitude as Dallas in Texas. If you are interested in this early season challenge please contact Mike Read.

News from Rosemary George

We were delighted to hear from Rosemary George, who had a couple of interviews on BBC Radio 5 Live in the early morning of the 4th February. She has undertaken the task of helping Shelagh Fogarty to swim one mile in the Serpentine in aid of Sport Relief. We wish them both well.

News from Geth Jones

Hi guys....

I wanted to share with you a swim I did back in September....

On September 13th 2009 I swam from Ilfracombe to Caswell Bay (Swansea), in 21:39hrs. (and 34seconds!), a distance of 23 nautical miles (in a straight line), across the Bristol Channel, which is reputed to have the second largest tidal variation in the world. A world first.

The motivation came for this came from living in Swansea and whilst training for English Channel and people asking me what I was training for next and me answering simply the channel. People would laugh and ask, the Bristol Channel??! at which point I would be obliged to point out that the distance from Swansea across the Bristol channel was further and also due to the stronger tides, just as tough a swim!

The planning of the swim has been interesting, from the comments that it couldn't be done, to the cheeky ones about where I would end up...Gloucester!! was once mentioned! One of my first discussions was with a local "yacht master", who gave me some information on the route/tidal planning of the swim. I settled on a small company (Swansea Watersports), for my pilot boat. My criteria for a specific pilot boat, was for something a bit more stable than the boat used in the English Channel. While swimming the English Channel, I was more concerned about my mate on board, than myself due to the rocking of the thing!!! So I decided to go with a RIB as my support boat.

As to the officiating of the swim, it was recommended I ask the BLDSA; however while waiting for a reply from my e mail (still waiting!), I spoke to someone in the welsh sports council, who directed me towards the Welsh Swimming Association, who supplied me with an open water referee (Welsh+ GB), who came on board and witnessed my efforts.

I started my swim at 6:45 on the Saturday eve.....and much as it pains me to say it....it was completely flat! a gift, absolutely perfect conditions, I have witnessed worse conditions in a lake!!! So your questions, why did it take me so long??! this year has been the worst year in my years of training for endurance events... for most of my key training sessions I would feel like an injury was knocking on my door(and it wasn't mental..honest!)

At around the 10-12 hr my shoulder gave in, it was extremely painfully to rotate-So I took some ibuprofen and tried doing finger drag which slightly changed my stroke enough to keep moving....quite a few different strokes followed in the next few hours including one armed plus doggy paddling!

My target for landing was the tower within Swansea bay, however the tides had different ideas; the landing site was changed to Bracelet Bay where, fuelled by local media a crowd was waiting...then Lang land Bay, but I actually came into Caswell bay. After being told that the best site would have been a rock face, I made the decision to swim a little bit further into my training bay, Caswell!

So doing a swim that hasn't been done before has been an interesting experience, and one I would recommend. I hear so many times about swimmers going down to Dover weekly, and swimming with the group, getting lucky with their slot (on tides & weather), then the thank you mails, and how they will be missed on beach.....and that's it!!! There are so many other swims in the world, and a lot that haven't been done that I fear most people miss out on some really awesome experiences.

Geth

News from James Thomas

James Thomas got in touch with us recently. James was part of the successful relay team from the US Army base in Baumholder, Germany, which swam the channel in 1990. The team can be found under the Channel Cats USA Rhine Army.

News from Fiji Swims

With apologies to Fiji Swims, but this is perfect timing for planning the holiday and swim of a lifetime in 2010.



Fiji Swims 2009

Bula vinaka from the Fiji Swims Mid August, 2009

Bula (hello) from the Fiji Swims for our mid August 2009 races!

As winter sets in for the southern hemisphere and the northern hemisphere is in fighting fit summer condition we are pleased to let you know that in the next week or so we will confirm (some might say finally) everything for this year's races so that you can book your accommodation and air fares (ok, many of you have already!).

As the photos below show, Fiji is ocean swimming heaven. If you have not joined us before feel free to ask questions by email to david@bathtubproductions.com but first check out our website as most of your questions can be answered there.



Beachcomber and Treasure Islands in Fiji's Mamancua Island group - ocean swimming heaven and quite a bit of fun on the side!

Our 18km relay from the Sofitel Fiji Resort & Spa to Beachcomber Island is rated in the top 50 ocean swims in the world by the USA website 10km swimmer.

It's a race for all sorts from the jovial Team Bollywood to record holders the all girl 'Safe @ Heights, No, We're Team Queensland'. The Queensland gals are so good last year they beat Team California (see below) which included Dana Vollmer (4x200m gold in Athens), Alison Wagner (silver Atlanta and a zillion world records) and Steve Mr 10km swimmer website former 10km world champ.

Ok that sounds all very, very serious but we will fit you into a team to suit your standard, including those rabble rousers up the back who take advantage of our Fiji Rules to place as many swimmers in their team as can safely fit on the support boat.

The only thing assured in this race is it's fun and a great experience.



Team California finishing the 18km Fiji Swim - Sofitel Fiji Resort & Spa to Beachcomber Island Relay, photo by Damien Kelly

18km might sound daunting ...

But it's not ... ok it still does so you want something more in your comfort

zone, then on Saturday 15 August we have the 1km Treasure Island to Beachcomber Island race (flippers allowed) and the simultaneous 2.7km Beachcomber Island race that is clocking up its 6th anniversary race this year ... actually the 2.7km is far more of a challenge than the 18km relay, except for those exceptional athletes who do the 18km solo.

We had 3 solo swimmers last year including Douglas Miller who was the first individual to beat the 5 hour mark for the first time.



The lead pack in the 2.7km Beachcomber Island Swim photo by Damien Kelly

Air Pacific & Accommodation Options

Personally we think there is only one way to fly to Fiji and that is on Air Pacific. Call me old fashioned but I love the Fijian smile the moment you get on board.

Once in Fiji there are many accommodation options. Our website gives a good overview but in short on the main land we suggest either the Sofitel Fiji Resort & Spa or the Tanoa International which are great bases either for the relay or for your place in Fiji before heading out to the islands or on your last night(s) before flying home.

We head out to the islands from Thursday night onwards ...and tropical paradise does not come much better than Treasure and Beachcomber Islands. These two resorts offer a variety of accommodation so take a look on our and their websites to see what suits you.



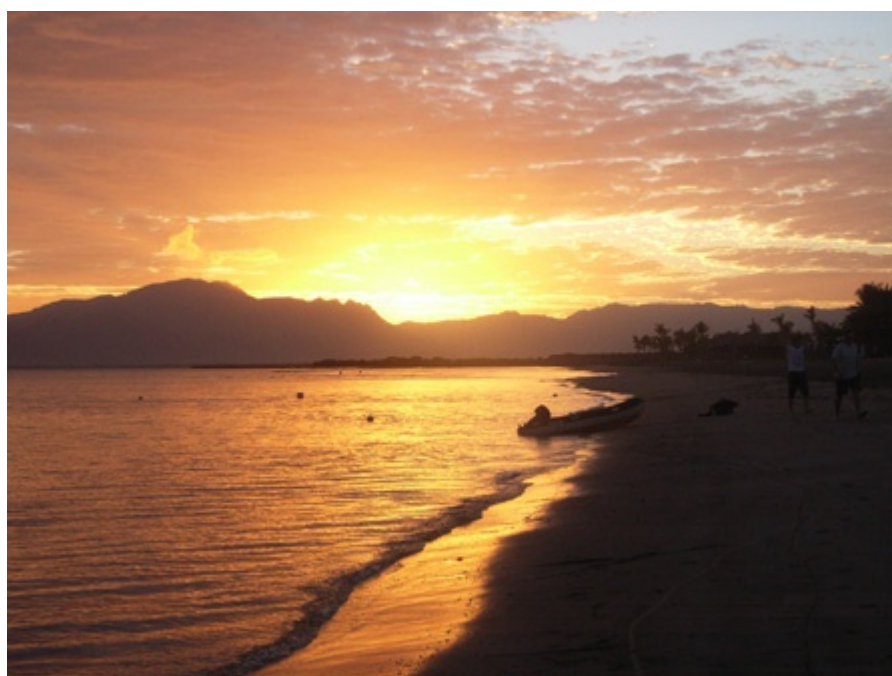
The start of the Fiji Swims - 1km Treasure Island to Beachcomber Island race

Enquiries

Look at our website (which is almost fully updated), send an email to david@bathtubproductions.com or give us a call on +61.2.8399 0233.

We look forward to you joining us and nearly 200 swimmers in Fiji in a few months.

Vinaka (thank you)!



Dawn at the Sofitel Fiji Resort & Spa before the start of the 18km Fiji Swims - Sofitel Fiji Resort & Spa to Beachcomber Island Relay

2 Swimmers looking to join a team

Subject: Relay Vacancies

Magnus Hebden-Smith <Magnus.Hebden-Smith@iongeo.com> writes;
Just dropping you a wee mail to see if you know anyone who might be still on the look out for someone to join their team in 2010?
Magnus.Hebden-Smith@iongeo.com

Phil Pearl asks: Is there a way to connect with relay swimmers who have a vacancy or do relay teams always have the full compliment of swimmers? Thank you.

Phil Pearl
502 N. Bertrand Street
Flagstaff, AZ 86001
928.779.3532 (home)
928.266.5297 (cell)
philippearl@q.com
ppearl@grandcanyontrust.org

Hypothermia

We tend to dismiss Hypothermia as something hill walkers and climbers suffer from but “Hypothermia,” or “temperature dysregulation” is one of a Channel swimmers great enemies and may induce hallucinations and delirium. Hence our pilots take great care to make sure that whilst you may be suffering from the cold, you are not slipping into hypothermia. If you are, then it is time for both you and your team to recognise that your swim is over.

Bryan Finlay in Canada tells us that in 2009 they had a Workshop where they heard about Vicki Keith's experiences with both fatigue-induced and cold-induced hallucinations.

Do you want to become an Observer?

I was a member of the 1968 world record youngest relay team from Monson Swimming Club, Tunbridge Wells. We are the team which the Academy for World records in America has finally recognised and confirmed that we still hold the record (40 years on) despite a claim by an American team last year.

Anyway, regardless of that, I just wondered how I can become a CSA observer. Does it require training ?are there enough available anyway.

How do I become a CSA observer? Contact Dan Earthquake on 07792 149010.

Does it require training? Some training is given in May each year. We are in the process of organising a meeting for the end of May, at the moment.

Are there enough available anyway? We always welcome new Observers. We can never have too many Observers.

Light sticks/Nightlights:

Wondering where you get your nightlights from, wonder no longer, just look on the web site under regalia and order from the secretary. Price £8 delivered to your home. You will need at least two, preferably three and after your swim you can use them for all sorts of things. I am sure

you will have your own ideas, they come with replaceable batteries which last a long time, children love them.

Handbook

Those of you who have taken the occasional glance at the web site will be aware that the new CSA Handbook is available. A wonderful present, Why not stake a claim to your copy.

Channel Swimming Association Ltd

Handbook 2009

160 pages

Over 100 photographs

If you or a friend has swum the Channel Solo with the Channel Swimming Association then you or they will be mentioned. If you have taken part in a Relay, the Relay will be listed. A wonderful reference book and a great present!

Price: In the shops £16.99,

CSA swimmers and members price: Delivered to your UK door, only £12,

Delivered to your world- wide door, only £14.50

To reserve your order you can either send your details with a cheque Payable to 'Channel Swimming Association Ltd' to the address below or e-mail read.michael2@sky.com for more information

**Mike Read
9 Church Crescent
Sproughton
Ipswich IP8 3BJ
UK**

Standing Order Form

It is never too late to get your Standing Order form completed. A big thank you to all those of you who, this year, have filled in the membership standing order form. But we would still like many more of you to do it. It saves you time remembering to renew your membership each year and it ensures that we get your membership subscription in early January, which is greatly appreciated. Just take this opportunity to fill it in and send it to your bank, forget about it and let the bank do the rest. A Standing Order form is on the last page.

Definition of a swimming costume:

There is still controversy about swim suits and how many FINA/ASA swimmers think they can wear. We take this opportunity to spell out the Channel Swimming Association position.

Channel Swimming Association rules are fairly straight forward and simple to understand. We appreciate that other organisations now recognise some new swim suits and body suits; however, swimmers are reminded that under CSA rules the definition of a swimming costume is:

A 'Standard Swim Costume' (for both sexes) shall be of a material not offering Thermal Protection or Buoyancy and shall be Sleeveless and Legless:

"Sleeveless" shall mean the Costume must not extend beyond the end of the shoulder onto the Upper Arm;

"Legless" shall mean that the costume may not extend on to the Upper Leg below the level of the crotch.

If yours does not meet these 3 criteria, it is non compliant, so change to an orthodox swim suit.

And only one swimsuit is permitted.

If you have any doubt or need further clarification please consult the web site where we show clearly what styles are permissible and what are not permissible.

It is your responsibility to ensure that your swimsuit is compliant with CSA rules, if it is not your swim will not be recognised. It is not the responsibility of the pilot or the observer to check your swim wear. Don't get caught out.

Check out our new web site.

If you have not done so already, takes a few minutes out to look at the new CSA web site. If you have a question about Channel Swimming there is a good chance that you may find the answer on the web site. If you would like to contribute an article or pictures, please do not hesitate to submit your material to us.

www.channelswimmingassociation.com

News cuttings and photos: Member's Fund raising efforts:

We are always pleased to receive copies of newspaper articles and photos. Please keep us up to date with your publicity and also of any fund raising activities you have been involved in. We know that many of you have been involved in raising very considerable amounts for good causes and we would like to keep your details up to date, in case we are asked.

We ask for your news and what you are doing and we are delighted to pass the information on. Please keep the news coming in. The more often we get news, the more often you will get a newsletter.

2010 Dinner and AGM:

The 2009 Annual Dinner was a great success but everything takes time and planning and yes, we are already thinking about the 2010 Annual Dinner and AGM. And you should be thinking too! The dates for your diary are the 6th and 7th November 2010 at the Dover Town Hall. Please start making your plans now. For those of you from Overseas, remember to get those cheap flights booked whilst they are still cheap, we really do appreciate your presence and it makes the dinner such a fantastic International gathering.

Lapel pins:

The CSA crest is again available, as an enamelled lapel pin, which is now available, £2 inc. p&p... It is also available in pure silver or gold, but only to order and now that the last silver pin has gone there will be a considerable wait.

We would like to keep in touch with you;

We appreciate that this newsletter does not reach everyone, whilst others may receive two or more copies. If you get too many copies please let us know. If you know someone who has not received it and would like too, please let us know their email address and we will make sure that they are added to the list.

A message from the Secretary: To All Swimmers for 2010:

The 2010 swim season will be upon us before we know it. My thanks to those of you who have already submitted your applications for this year.

I urge you to get your applications in early, and please send all forms together, especially those of you doing relays.

Keep focused and I look forward to hearing from you all again. Please make sure we have your correct email address.

Cheers.

Julie

How to contact our Secretary:

Dr. Julie Bradshaw MBE
381 New Ashby Road
Loughborough
Leics
LE11 4ET
Tel/Fax: +44 (0)1509 554137
E-mail: Swimsecretary@ntlworld.com

With our continued best wishes to you all and great success in 2010,

CSA Board, February 2010.

Membership forms for 2010 below:

CHANNEL SWIMMING ASSOCIATION Ltd

Founded in 1927

President; Michael Read King of the Channel®

Application for election to
ANNUAL ASSOCIATE
MEMBERSHIP

(For the period 1st January to 31st December 2010)

2010

Secretary: Dr Julie Bradshaw MBE,

381New Ashby Road,

Loughborough,

Leics LE11 4ET

UK

Tel/Fax: +44 (0)1509 554137

e-mail: Swimsecretary@ntlworld.com

(Please use **block letters**)

Name: Nationality:

ADDRESS

POST CODE Telephone number:

By providing my e-mail address below, I agree to receive Company business electronically;

E-mail:

Club/Relay team name:

I hereby make an application for/ wish to renew my Associate Membership;

I enclose remittance of Annual Associate Membership Subscription Fee £21.00 (Junior: £15.00)

Signature..... Date/...../2010

Only one mailing of information will be sent for a club's use. Members of a club, which has Associate membership can become individual associate members by paying the one year subscription fee. Associate membership has no voting rights.

NOTE: You only need to be proposed and seconded by Full Members of the Association on your initial application for Associate Membership.

1. Proposed by (Name) Signature

2. Seconded by (Name) Signature

I/we wish to pay by Cheque/Credit Card. Please charge my/our account card no: _____/_____/_____/_____ expiry date ____/____ security digits _____

Signature Date/...../2010

For Association use only Date received. / / Membership number

Application approved Chairman/ Sec.

Non Profit Making Company Limited by Guarantee – The successor of the CHANNEL SWIMMING ASSOCIATION

Registered in England – Registration No 3868395

Registered Office Address: Larking Gowen Chartered Accountants, Unit 41, Claydon Business Park, Great Blakenham, Ipswich, IP6 0NL, UK.

CHANNEL SWIMMING ASSOCIATION Ltd
CHANNEL SWIMMING ASSOCIATION
Founded in 1927
President; Michael Read King of the Channel®

Application for election to
ANNUAL FULL MEMBERSHIP
(For the period 1st January to 31st December 2010)
2010

Secretary: Dr Julie Bradshaw MBE,
381New Ashby Road,
Loughborough,
Leics LE11 4ET
UK
Tel/Fax: +44 (0)1509 554137
E-mail: Swimsecretary@ntlworld.com

(Please use **block letters**)

Name: Nationality:

ADDRESS

POST CODE Telephone number:

By providing my e-mail address below, I agree to receive Company business electronically.

E-mail:

Club/Relay team name / e-mail address:

Signature..... Date/...../2010

I hereby make an application for election to Full membership;

One Year Full Membership (to expire 31st Dec 2010 and does not convey a right to renewal)
I enclose remittance of £23.50 subscription.

I/we wish to pay by Cheque/Credit Card. Please charge my/our account card no:

_____/_____/_____/_____ expiry date ____/____ Security digits_____

Signature Date/...../2010

For Association use only **Date received. / / .** **Membership number**
Application approved **Chairman/ Sec.**

Non Profit Making Company Limited by Guarantee – The successor of the CHANNEL SWIMMING ASSOCIATION
Registered in England – Registration No 3868395
Registered Office Address: Larking Gowen Chartered Accountants, Unit 41, Claydon Business Park,
Great Blakenham, Ipswich, IP6 0NL, UK.

Standing Order Application Form

Standing Order;

Should you wish to pay your membership by standing order, please find below a standing order form to complete and to take to your bank;

PLEASE SET UP the following Standing order and debit my/our account accordingly;

Account Name Account Number

Account Holding BranchSort Code

Name of Organisation you are paying: *Channel Swimming Association Ltd*

Sort Code: 5 2 4 1 4 2

Account Number of CSA Ltd: 5 0 8 2 7 4 2 1

Payments are to be made; *Yearly*

Initial Payment **£23.50**

Date of First Payment: ____/____/____

Please pay until further notice (*payments will be made until you cancel this instruction*)

Confirmation: Customer Signature(s);

Date:

For Association use only Date received. / / . Membership number
Application approvedChairman/ Sec.

Non Profit Making Company Limited by Guarantee – The successor of the CHANNEL SWIMMING ASSOCIATION
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Registered Office Address: Larking Gowen Chartered Accountants, Unit 41, Claydon Business Park,
Great Blakenham, Ipswich, IP6 0NL, UK.