

into swimming

# The big Cornwall swim

Saturday 9 July  
at Stithians Lake

Menherion, Redruth, Cornwall, TR16 6NW

A full day of open water swimming events for all to enjoy,  
from beginner to elite swimmer, there is an event for everyone!

**200m** (11-13yrs) • **400m** (14-16yrs) • **400m** (fun swim) • **1500m** (16+ yrs) • **3800m** (18+ yrs)



To find out more information or to download an entry form please visit:

[www.cornwall.gov.uk/thebigcornwallswim](http://www.cornwall.gov.uk/thebigcornwallswim)

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