

Aspire **Channel** **Swim** 2017



**22 MILES.
12 WEEKS.
YOUR POOL.**

11TH SEPTEMBER - 4TH DECEMBER

**Sign up to your challenge today
at aspirechannelswim.co.uk**

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Association for Spinal Injury Research, Rehabilitation and Reintegration | Registered Charity Number 1075317
Scottish Registered Charity Number SC037482 | Registered Company Number 3744357

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