

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



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

**11<sup>TH</sup> SEPTEMBER - 4<sup>TH</sup> DECEMBER**

**Sign up to your challenge today  
at [aspirechannelswim.co.uk](http://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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