



SWIMMING THE ENGLISH CHANNEL TO HELP SAVE LIVES

Walsall Swimmers aim to raise £10,000 for life-saving equipment with record breaking relay crossing of English Channel 19th/20th July 2011



PLEASE SUPPORT OUR WEBSITE FUNDRAISING PAGE

<http://uk.virginmoneygiving.com/team/bigrickschannelswim2011>

**Big Ricks Channel Team 2011 are;
Rob (Chunky Boy) Cash , Paul (Basher) Bates , Darran (Super Chest) Dyke,
Stuart (The Gimp) Dugmore , Gary (The Badger) Edgington,
Richard (The Meat) Brownjohn.**

**THE BIG RICKS TEAM: CHANNEL CROSSING
starts 5am 19th/20h July 2011.
Follow the blog as the training and fundraising gathers pace!**

<http://bigrickchannelswimteam.blogspot.com/>

**Beating Heart Disease Together
bhf.org.uk**

HELP US TO START A HEART NEAR YOU!



In Walsall alone, a staggering 390 people die from a heart attack each year. No one should face the prospect of dying or losing a loved one before their time, that's why the British Heart Foundation works hard everyday to save and improve the lives of people living with heart disease.

The British Heart Foundation are delighted that the Big Ricks channel swim team are seeking to raise £10,000 for 10 life saving defibrillators to be placed in GP surgeries and medical centres, in partnership with NHS Walsall.

A defibrillator is a piece of portable life saving equipment, that delivers a controlled electric shock through the chest wall, to help restore the heart's normal rhythm following cardiac arrest.

The team not only plan to raise funds but also to complete the fastest English Channel Relay crossing for a team of 40+ years of age and in memory of their good friend and fellow swimmer Mark Rickhuss who sadly died of Heart Disease in 2005 aged 41.

Quote of support from Walsall born former Double Olympic Medallist and World Record Holder Nick Gillingham MBE

" Mark was simply a great role model for the club and a wonderful man whose time in this world was sadly cut short.

I sincerely hope that all local media including television, radio and written press will offer support and publicise the event in order for much needed funds to be raised".

The Team would like to give grateful thanks to A F Blakemore & Sons, who without their financial support *'The Channel Swim'* would not have been possible. The Team would also like to give thanks and gratitude to the Olympic and World Champions Nick Gillingham MBE ,Tom Daley, Keri-Anne Payne and Thomas Lurz, who have given the team great support and advice. Finally, a big thank you to coach Dave Marsh for all his help with training at the Pool, Lake and Sea.

Please give generously—Thank you

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