

Long sleeved event t-shirts available on cheddarup link.

ALL participants must sign a waiver before PLUNGING!

Water shoes or sneakers a must.

PLUNGE

A GREAT WAY TO START 2019

At Sills Gully Beach 5 Sills Gully Rd, Shoreham

Check in at 11:30, Plunge at 12 Noon

t-shirts and waivers available online at:

http://shoreham-shore-club-polar-plunge-2019.cheddarup.com