



# A Buoyancy of Spirit – an Insight into the World of Open Water Swimming

For the first of our charity fundraising lunches, we are delighted to welcome Adrian Sarchet as our speaker at Les Cotils on **Wednesday 26<sup>th</sup> July 2017 at 12:15 for 12:30.**

Adrian is a 42 year old Guernseyman who leads a triple life. The first life is that of a happily married lawyer. The second is that of an ardent supporter of Guernsey Disability Swimming LBG. The third life is that of an “Ocean’s Seven” swimmer. The “Ocean’s Seven” are the seven toughest, most dangerous open water swims on the planet. So far, Adrian has completed 5 of them and is currently ranked 11<sup>th</sup> in the World.



## About the Charity

Guernsey Disability Swimming LBG (Guernsey Charity Registration Number CH496)

This local charity helps people with a wide range of disabilities to swim safely in a protective and secure environment.

## Menu

French trimmed pork cutlet, cranberry & spiced apple compote, blue stilton glaze

Thai green vegetable curry, lemongrass, coconut milk & lime leaves, jasmine rice (v)

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Citrus lemon & Italian meringue tart, raspberry sorbet

Sliced seasonal fruits & berries, sweet sugar syrup & thick dairy cream

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Freshly brewed tea or coffee

**Tickets cost £20.00, including a donation to Guernsey Disability Swimming LBG.**

## How to Book

To book your place, confirm your menu choices and make payment, please call Kerry on 750481 or email Kerry@lescotils.com by Thursday 20<sup>th</sup> July 2017. Payment can be made by cash, card or by bank transfer, using the following details: Bank: HSBC, Sort Code: 40-22-25, Account No: 04082761.



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