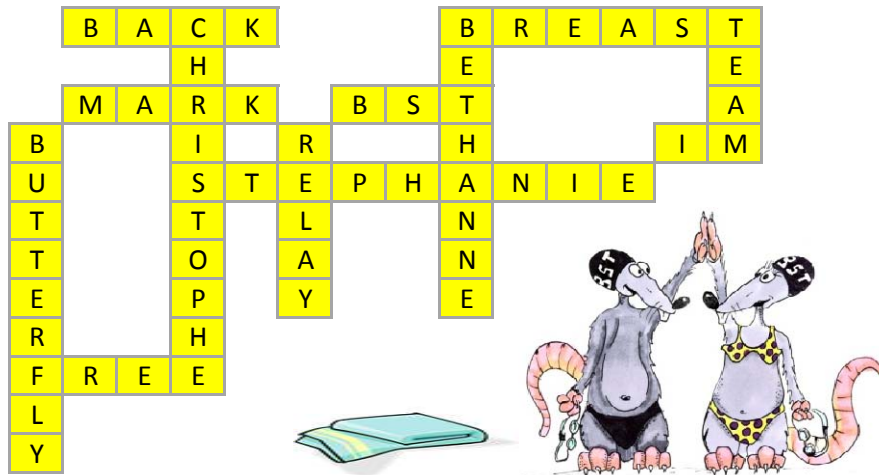


# 2010 BST RIVER RATS

Swimming: Aquatic locomotion by self propulsion.



Swimmers have been swimming for over a millennia!  
Free, Breast, Back, Fly, IM ...what's your passion?