



**SHIRE OF MUNDARING  
BILGOMAN POOL  
“LAP LOVER’S” CHALLENGE**

**REGISTRATION FORM 2022/23**

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Challenge/s to be attempted

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Suggestions for changes/updates to Bilgoman Lap Lovers

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# LAP LOVERS

## Which CHALLENGE Are YOU?

Lap the Lake – 5 times around Lake Leschenaultia

10kms                      200 laps

Defeat the Doctor – Cottesloe to Rottnest Island

19.2kms                    384 laps

Challenge the Channel – English Channel

38kms                      760 laps

Swim the Swan – Walyunga to Fremantle

67kms                      1340 laps

Attack the Avon – Avon Descent Course

133kms                    2660 laps

**The BIG one**

Beat the Bass – Victoria to Tasmania

210kms                    4200 laps

**The BIGGER one**

Busso or Bust – Fremantle to Busselton

250kms                    5000 laps

**or the BIGGEST one ever**

Maul the Murray – length of Murray River

404kms                    8080 laps