



Challenge
yourself in
June 2026

Swim 20k in June Challenge: Your fundraising guide

Challenge tips

Simple steps to help your challenge go swimmingly.

Team up

Swimming as part of a group will inspire you to push harder and go further than you might do on your own. Whether you cover the kilometres together or individually, encourage others to join in the challenge too.

Plan your swims

Use your challenge calendar to plan where and when you'll complete your kilometres.

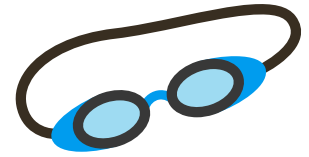
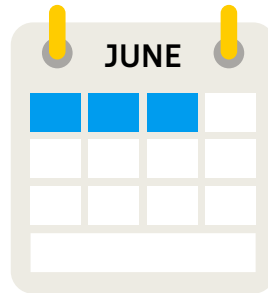
Fuel the engine

You'll likely be burning more calories than usual. Make sure you've got enough fuel for your swims by eating a healthy and nutritious diet.

For more information, visit [cruk.org/diet](https://www.cruk.org/diet)

Get the right gear

Make sure you have comfortable swim gear, a towel and goggles.



Keep hydrated

Make sure you drink enough water before and after your swims.

Prevent injuries

Warm up, stretch and cool down with every swim. Include rest days in your training plan too.

Track every kilometre

If you have a smartwatch, you can track every kilometre you swim. We recommend the app Strava, as you can link your swims to your online Giving Page. Visit [our website](#) to find out how.





Fundraising ideas

We want to make sure you're rewarded for your incredible effort. To kickstart your challenge, we've put together these handy fundraising tips and ideas.

Kickstarters



Set a target

Keep yourself motivated with a fundraising goal. If you set a target on your online Giving Page, you can more than double your sponsorship.

Make the first move

Show potential supporters that you're committed by making a contribution to your own online Giving Page to kick off donations.

Tell your story

Our most successful fundraisers often have really personal online Giving Pages. Kit yours out with the story of why you've decided to take part, regular updates, photos and a thank you to your lovely donors!



At work



Ask your employer

Swimming 20k across the month will make you feel more energised at work. What's your company prepared to donate to their happier and healthier employee? See if they'll make a donation or match the funds you raise.

Let your colleagues know

Send an email to your work colleagues to let them know you're swimming 20k in June to help fund life-saving research.

Tip: why not add your online Giving Page link to your email signature?



Promote your fundraising on Facebook

1

Post a photo in your free Cancer Research UK t-shirt



2

Post your online Giving Page link in the comments.
More people will see it this way!

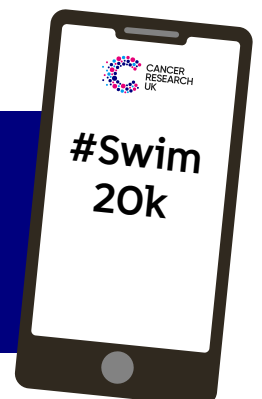


3

Tag three friends who might like to take part with you

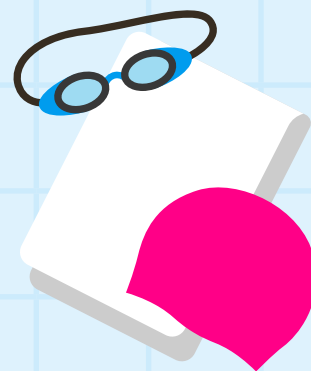
Join our Facebook community




Meet other swimmers, share top tips and motivate each other through the month by joining our [Swim 20k Challenge Facebook group](#).



Swim 20k Challenge Calendar

Plan your kilometres in June 2026



Time to take the plunge.								One week down – you're splashing it!
1	2	3	4	5	6	7		
								
8	9	10	11	12	13	14		
	Halfway there!							
15	16	17	18	19	20	21		
	Keep swimming! Only 7 days to go.							
22	23	24	25	26	27	28		
	One last push and you've done it!							
29	30							



Visit cruk.org/swim20k

Together we are
beating cancer

Swim 20k Challenge Totaliser

Name

.....

**is swimming
20k this June
to help support
life-saving
cancer research.**

**Donate to their
online Giving Page
to help them smash
their target.**

Your online Giving Page URL

.....

Visit cruk.org/swim20k



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247).

Target

£

Total

£

Week 4

£

Week 3

£

Week 2

£

Week 1

£

Swim 20k Challenge Sponsorship form



Please make sure you fill out each section accurately and in full.

If any of your sponsors would like to add Gift Aid to their donation, please encourage them to donate online where they'll be given the option to include Gift Aid during the process.

Your details are safe with us. Check out our Privacy Policy at cruk.org/privacy for more details.

Your details

Title: _____ First name: _____ Last name: _____

Address: _____

Postcode: _____ Telephone: _____

Please use blue or black pen and write in CAPITAL letters.

We kindly ask that you only return the sponsor form to us if you are paying by cheque.

Title	First name	Last name	Postcode	Home address – not your work address	Amount	Date collected
MISS	ANNE	EXAMPLE	ABI 2CD	12 EXAMPLE TERRACE, LONDON	£20.00	DD/MM/YYYY
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /

I've raised a total of £

Next steps

- Collect your donations from your sponsors and send this sponsorship form, along with a cheque made payable to Cancer Research UK, to CRUK 2RP, PO Box 81666, LONDON, E15 9LJ (please don't send cash).
- Please don't photocopy this form. If you need additional forms please print separately.

Visit cruk.org/swim20k

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). Registered address: 2 Redman Place, London, E20 1JQ. © Cancer Research UK 2026.



Take part as a team



Recruit your friends, family or work colleagues to join your challenge by following the four steps below.

1. All your team members will need to sign up to the **Swim 20k Challenge** so they each have their own Cancer Research UK online Giving Page.
2. Once everyone's signed up, log in to your account.
3. Scroll down and hit the 'Create new team' button and follow the instructions.
4. When sharing your team page URL, make sure you're contacting people who know you and want to hear from you.

Name:	Name:	Name:
Distance:	Distance:	Distance:
1	2	3

Name:	Name:	Name:	Name:	Name:	Name:	Name:
Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
4	5	6	7	8	9	10

Name:	Name:	Name:	Name:	Name:	Name:	Name:
Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
11	12	13	14	15	16	17

Name:	Name:	Name:	Name:	Name:	Name:	Name:
Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
18	19	20	21	22	23	24

Name:	Name:	Name:	Name:	Name:	Name:	
Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	
25	26	27	28	29	30	

How are you going to tackle the challenge together?

Use the calendar above to share out your kilometres across the month. Write every team member's name and their daily kilometre count.

Why not get competitive and see who can take on the most kilometres every day? Add the name of the daily top swimmer and number of kilometres achieved.

Visit cruk.org/swim20k

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Swim 20k Challenge Sweepstake

Step 1: Get ready

Source a prize for your sweepstake and fill out the details at the top and bottom of the poster on the next page.

Step 2: Get set

Ask your friends, family and colleagues if they'd like to guess how many hours it will take you to complete your 20 kilometres in return for a suggested donation. Then, get them to fill out their guess and name in a box.

Step 3: Go!

Announce the winner on the date you've mentioned on your poster.

Step 4: Don't forget

Return your donations in the form of a cheque (payable to Cancer Research UK) or postal order to: Swim 20k Challenge, CRUK 2RP, PO Box 81666, LONDON, E15 9LJ.

Remember to include your name and address so we can add it to your fundraising total. If you'd prefer to collect your donations digitally, please share your online Giving Page with sweepstake participants.



**Swim 20k
this June
to help
beat cancer**

Swim 20k Challenge Sweepstake



How many hours will take to complete this challenge?

Please donate* £ to take a guess and support Cancer Research UK. The person with the closest guess to the total number of hours will win

.....

Hours Name

Hours Name

Hours Name

Visit cruk.org/swim20k

*No donation is necessary.

- To enter, write your name and predicted number of hours in a box.
- Closing date Winner will be revealed by
(Please write the closing date and when you will announce the winner here.)
- The person whose guess is closest to the swimmer's number of hours will win the prize listed above. If the correct number of hours is exactly between two guesses, the prize will be given to the lower guess of the two.
- All money raised will be donated to Cancer Research UK.
- The promoter to collect and send money to: Swim 20k Challenge, CRUK 2RP, PO Box 81666, LONDON, E15 9LJ.
- The promoter is
.....
(Please write the name and address of the person organising this sweepstake here.)
- Cancer Research UK is not the promoter and does not accept any responsibility for your sweepstake.
- Sweepstake for use in the UK only, to be run by and for the participation of people aged 18 or over only.

Reg charity numbers 1089464, SC041666, 1103 & 247



Swim 20k Challenge Pledge card

Add your story of why you're taking part and share across socials with your online Giving Page



I'm swimming
20k this June
because...

Swim 20k Challenge

Finisher 2026



This June

Your name

swam a total of

Total kilometre count

kilometres

raising

Amount raised

to help beat cancer

Thank you for your support.

You're helping to bring about a world where everybody lives longer, better lives, free from the fear of cancer.





I'm fundraising for Cancer Research UK

Challenge
name

Swim 20k Challenge

When

June

Information



**CANCER
RESEARCH
UK**

**Together we are
beating cancer**

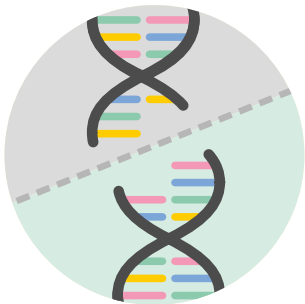
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Thank you for powering progress

Over the past 50 years,
our work has helped double
cancer survival in the UK.

We're the world's leading cancer charity, dedicated to saving and improving lives with our research. Our vision is a world where everybody lives longer, better lives, free from the fear of cancer. And, backed by your support, step by step, our researchers are making this vision a reality.

The difference your money makes



£65
could buy special
restriction enzymes

These act like molecular scissors to cut up the long strands of DNA in our cells, helping us to learn about more than 200 types of cancer.



£170
could fund one day of
the ABC-07 clinical trial

This is testing innovative radiotherapy techniques for treating people with rare bile duct cancer.



£200
could fund our team of nine
cancer nurses for one hour

Our expert team of cancer information nurses are on hand to offer confidential support and guidance to people affected by cancer.

*Estimated based on Cancer Research UK analysis of England data
**cruk.org/millionlives

Visit cruk.org/swim20k

8 in 10

people who receive cancer drugs in the UK receive a drug developed by or with us.*

1 million

Thanks to progress in cancer prevention, diagnosis and treatment, over **a million lives have been saved** from the disease in the UK since the mid-1980s.**

90%

Our research led to the development of the HPV vaccine, which is expected to **prevent up to 90% of cervical cancer cases** in the UK.

Together we are
beating cancer