



November
2025
Swim 10k
Challenge

Your ultimate fundraising guide

Swim 10k Challenge tips

Simple steps to get your challenge off the ground.

Team up

Swimming as part of a group will inspire you to push harder and go further than you might otherwise 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 be completing your kilometres, whether that's lengths in a pool, outdoor swimming or even in the sea!

Keep hydrated

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

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

Prevent injuries

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

Get the right gear

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

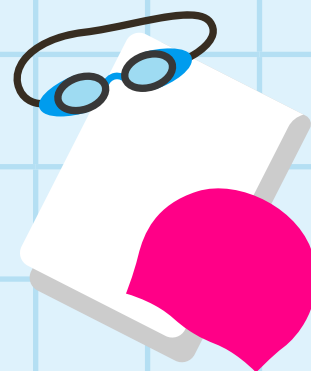
Track every kilometre

Show off your progress to your supporters by tracking every kilometre you swim with a tracking app. We recommend **Strava** as you can link your swims to your online Giving Page. Find out how to connect your online Giving Page **here**.



Swim 10k Challenge Calendar

Plan your kilometres in November 2025



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

Visit cruk.org/swim10k

Together we are
beating cancer

Swim 10k Challenge Totaliser



Name

.....

**is swimming
10k this
November to
help fund
life-saving
cancer research.**

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

Your Giving Page URL

.....

**Think you can do better?
Visit cruk.org/swim10k**



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 10k Challenge Sponsorship form



- Please make sure you fill out each section in full.
- Please make sure the details of each donation are recorded accurately in your sponsor's own handwriting. Forms in the same handwriting or printed aren't valid for Gift Aid purposes.
- Please make sure each sponsor ticks the Gift Aid box next to their address below if eligible.
- Please note we can't claim Gift Aid on business addresses or multiple sponsors e.g. Mr and Mrs Jones.
- Your details are safe with us. Check out our Privacy Policy at cruk.org/privacy for more details.
- If you change your mind, you can tell us anytime by contacting 0300 123 3379 or emailing preferences@cancer.org.uk.

Gift Aid –
very important

giftaid it

**Boost your donation by
25p for every £1 you donate**

I want to Gift Aid my donation and any donations I make in the future or have made in the past four years, to Cancer Research UK.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all of my donations in that year, it is my responsibility to pay any difference.

Your details

Title:	First name:	Surname:
Address:		
Postcode:		Telephone:

Please use blue or black pen and write in CAPITAL letters. All fields are mandatory. Tick here for Gift Aid

Full name + Home address + Postcode + Date collected + ✓ = Gift Aid

Title	First name	Surname	Postcode	Home address – not your work address (This is essential for Gift Aid)	Amount	Gift Aid	Date collected
MISS	ANNE	EXAMPLE	AB1 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: Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ (please don't send cash).
- Please don't photocopy this form. If you need additional forms please print separately.

Visit cruk.org/swim10k

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 2024.



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 10k 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:
Distance:	Distance:
1	2

Name:	Name:	Name:	Name:	Name:	Name:	Name:
Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
3	4	5	6	7	8	9
Name:	Name:	Name:	Name:	Name:	Name:	Name:
Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
10	11	12	13	14	15	16
Name:	Name:	Name:	Name:	Name:	Name:	Name:
Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
17	18	19	20	21	22	23
Name:	Name:	Name:	Name:	Name:	Name:	Name:
Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
24	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/swim10k

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Swim 10k 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.

Step 2: Get set

Ask your friends, family and colleagues if they'd like to guess your total kilometres that week 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 10k Challenge, Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ

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 10k this
November
to help fund
life-saving
research

Swim 10k Challenge Sweepstake



How many kilometres will swim this week?

Please donate £ to have a guess and support Cancer Research UK.* The person with the closest guess to the total weekly kilometre count will win

Guessed by	Guessed by	Guessed by	Guessed by
Guessed by	Guessed by	Guessed by	Guessed by
Guessed by	Guessed by	Guessed by	Guessed by
Guessed by	Guessed by	Guessed by	Guessed by

Visit cruk.org/swim10k

*No donation is necessary.

1. To enter, pick a box and fill out your name and predicted distance in the box.
2. Closing date Winner will be revealed by
(Please write the closing date and when you'll announce the winner here.)
3. The person whose guess is closest to the swimmer's distance will win the prize listed above. If the winning distance is exactly between two guesses, the prize will be given to the guess with the shorter distance of the two.
4. All money raised will be donated to Cancer Research UK.
5. The promoter to collect and send money to: Swim 10k Challenge, Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ.
6. The promoter is
.....
(Please write the name and address of the person organising this sweepstake here.)
7. Cancer Research UK is not the promoter and does not accept any responsibility for your sweepstake.
8. For use in the UK only.

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Swim 10k Challenge

Pledge card

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



I'm swimming
this November
because...



Swim 10k Challenge

Finisher 2025



This November

Your name

swam a total of

Total kilometre count

kilometres

raising

Amount raised

to help fund life-saving research

Thank you for your support.

Every pound raised for every kilometre completed will help bring about a world where everybody lives longer, better lives, free from the fear of cancer.



**CANCER
RESEARCH
UK**



I'm fundraising for Cancer Research UK

Challenge
name

When

Information



**CANCER
RESEARCH
UK**

**Together we are
beating cancer**

Thank you for powering progress

Thanks to the generosity of supporters like you, in the last 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.

More than

8 in 10

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

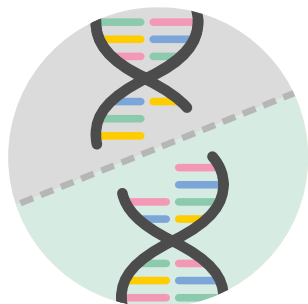
1 million

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

x2

In the last 50 years, our work has helped **double cancer survival** in the UK.

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/swim10k

Together we are
beating cancer