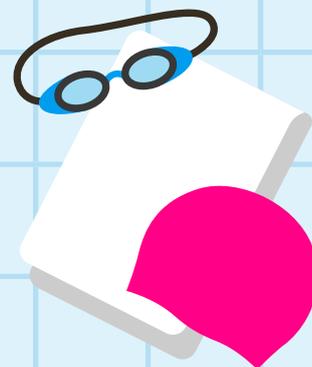


Swim 10k Challenge

Calendar

Plan your kilometres in May 2026



				Time to take the plunge			
				1	2	3	
			One week down – you're splashing it!				
4	5	6	7	8	9	10	
					Halfway there!		
11	12	13	14	15	16	17	
							Keep swimming! Only one week to go.
18	19	20	21	22	23	24	
							One last push and you've done it!
25	26	27	28	29	30	31	



Visit cruk.org/swim10kmay

Together we are beating cancer