

# 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**