

30 Day Plank 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 how long you'll spend planking that week for a suggested donation. Then, get them to fill out their guess and name in a box.

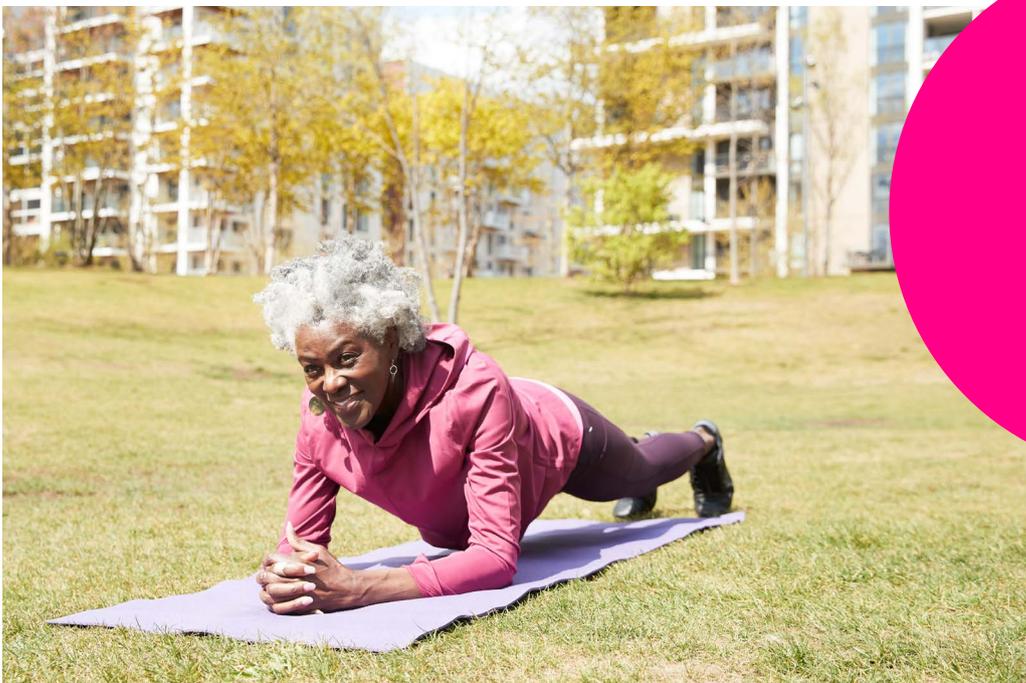
Step 3: Go!

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

Step 4: Send us your donations

Return your donations in the form of a cheque (payable to Cancer Research UK) or postal order to: 30 Day Plank 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.



**Planking
every day
this April**

30 Day Plank Challenge Sweepstake



How long will
plank for this week?

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

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Visit cruk.org/plankchallenge

*No donation is necessary.

1. To enter, pick a box and fill out your name and predicted plank time in the box.
2. Closing date _____ Winner will be revealed by _____
(Please write the closing date and when you will announce the winner here.)
3. The person whose guess is closest to the time planked will win the prize listed above. If the winning plank time is exactly between two guesses, the prize will be given to the guess with the shorter time of the two.
4. All money raised will be donated to Cancer Research UK.
5. The promoter to collect and send money to: 30 Day Plank 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. 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