



May  
2026  
Swim 10k  
Challenge

## Your ultimate fundraising guide



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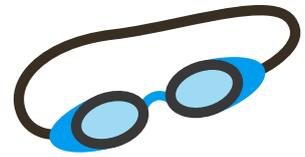
Together we are  
beating cancer

# Swim 10k 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 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.

## Prevent injuries

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

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

## 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](#).

## Get the right gear

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





# 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 10k 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.

### Team up

Encourage your friends and family to join the challenge too and make fundraising a real team effort.

### Promote yourself online

Share your online Giving Page and official challenge badges across your social media for instant results.



### Join our Facebook community

Meet other swimmers, share top tips and motivate each other through the month by joining our [Swim 10k Challenge Facebook group](#).

### Let your colleagues know

Send an email to your work colleagues to let them know you're swimming 10k in May to help fund life-saving research. **Tip: why not add your online Giving Page link to your email signature?**



# Swim 10k Challenge

# Calendar

Plan your kilometres in May 2026



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



Visit [cruk.org/swim10kmay](https://cruk.org/swim10kmay)

Together we are  
beating cancer

# Swim 10k Challenge Totaliser



Name

.....

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

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

Your online Giving Page URL

.....

Visit [cruk.org/swim10kmay](http://cruk.org/swim10kmay)



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.
- 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](http://cruk.org/privacy) for more details.

## Your details

Title: \_\_\_\_\_ First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Telephone: \_\_\_\_\_

Please use a 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	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: 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/swim10kmay](http://cruk.org/swim10kmay)

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

Name:						
Distance:						
4	5	6	7	8	9	10

Name:						
Distance:						
11	12	13	14	15	16	17

Name:						
Distance:						
18	19	20	21	22	23	24

Name:						
Distance:						
25	26	27	28	29	30	31

## 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/swim10kmay](http://cruk.org/swim10kmay)

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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.



Swimming 10k  
this May  
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 will win

.....

Gussed by	Gussed by	Gussed by	Gussed by
Gussed by	Gussed by	Gussed by	Gussed by
Gussed by	Gussed by	Gussed by	Gussed by
Gussed by	Gussed by	Gussed by	Gussed by

Visit [cruk.org/swim10kmay](http://cruk.org/swim10kmay)

\*No donation is necessary.

1. To enter, pick a box and fill out your name and predicted number of kilometres.
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 that week's kilometre count 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 with your online Giving Page



I'm swimming  
this May  
because...



# Swim 10k Challenge

Finisher 2026



This May

Your name

.....

swam a total of

Total kilometre count

.....

kilometres

raising

Amount raised

.....

to help fund life-saving cancer research

**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

What

When

Information



**CANCER  
RESEARCH  
UK**

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**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.

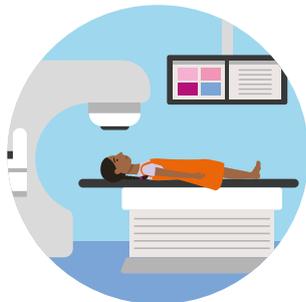
## The difference your money makes



**£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.

More than

**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 almost 90% of cervical cancer cases in the UK.

\*Estimated based on Cancer Research UK analysis of England data

\*\*[cruk.org/millionlives](http://cruk.org/millionlives)

Visit [cruk.org/swim10kmay](http://cruk.org/swim10kmay)

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