



**Challenge
yourself in
November
2026**

Swim 10k in November Challenge

Your fundraising guide

Ready, set, swim!

Simple steps to get your challenge started.



Spread the word

Let everyone know about your challenge and encourage others to join in too.



Plan your month

Think about how you'll approach swimming your 10k, whether that's lots of smaller swims throughout the week or a few bigger swims at weekends.



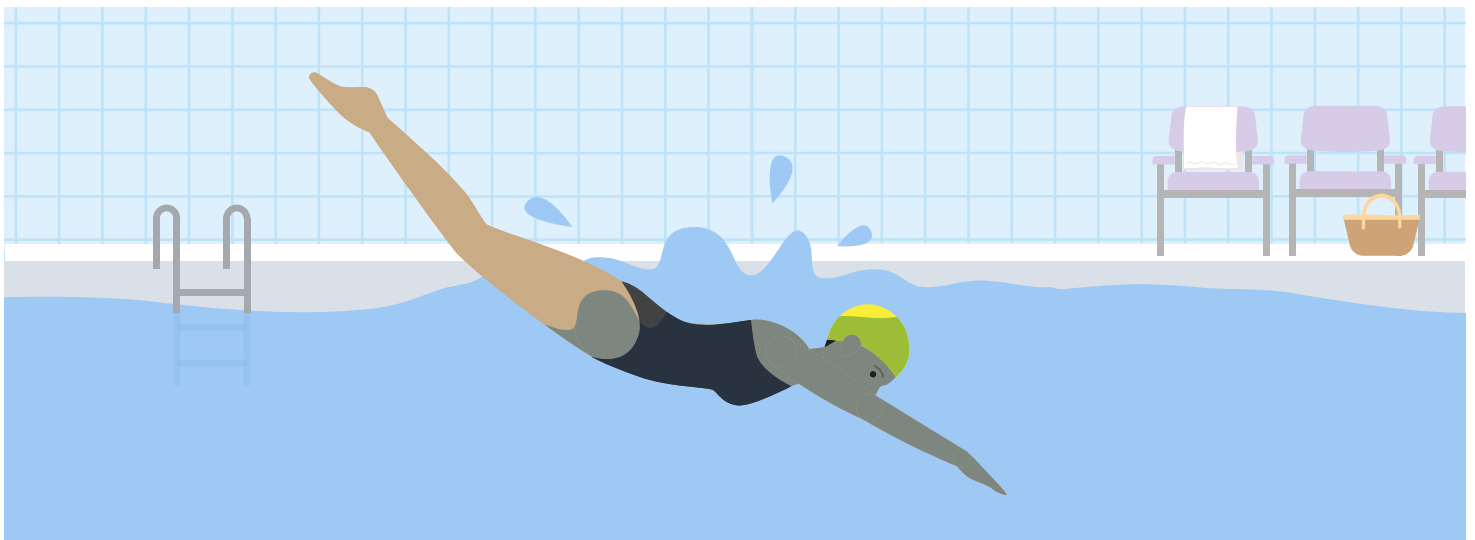
Get fundraising

Use the tips and tools in your pack to start raising money. Our life-saving research is only possible thanks to amazing supporters like you.



Team up

Encourage your friends to take part with you. Motivate each other to get swimming and raise money to power progress for people affected by cancer.





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

By setting 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.

Let your colleagues know

Send an email to your colleagues to let them know you're swimming 10k in November to help fund life-saving research.

Tip: why not add your online Giving Page link to your email signature?

Promote your fundraising on Facebook



1

Post a photo in your free Cancer Research UK bobble hat and let everyone know why you're swimming 10k this November.

2

Post your online Giving Page link in the comments. More people will see it this way!

3

Tag three friends who might like to take part with you.



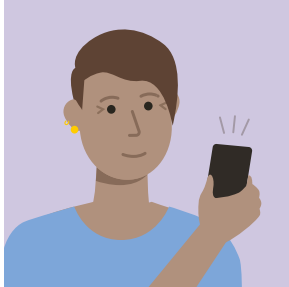
Join our Facebook community

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



Fundraising boosters

Use these ideas to give your fundraising a lift and smash your target.



Film a video

Take a video letting supporters know why you're supporting Cancer Research UK and share across social media.



Host a quiz

Host a quiz and ask for a donation for tickets. You could make some questions fitness related to remind people of your challenge!



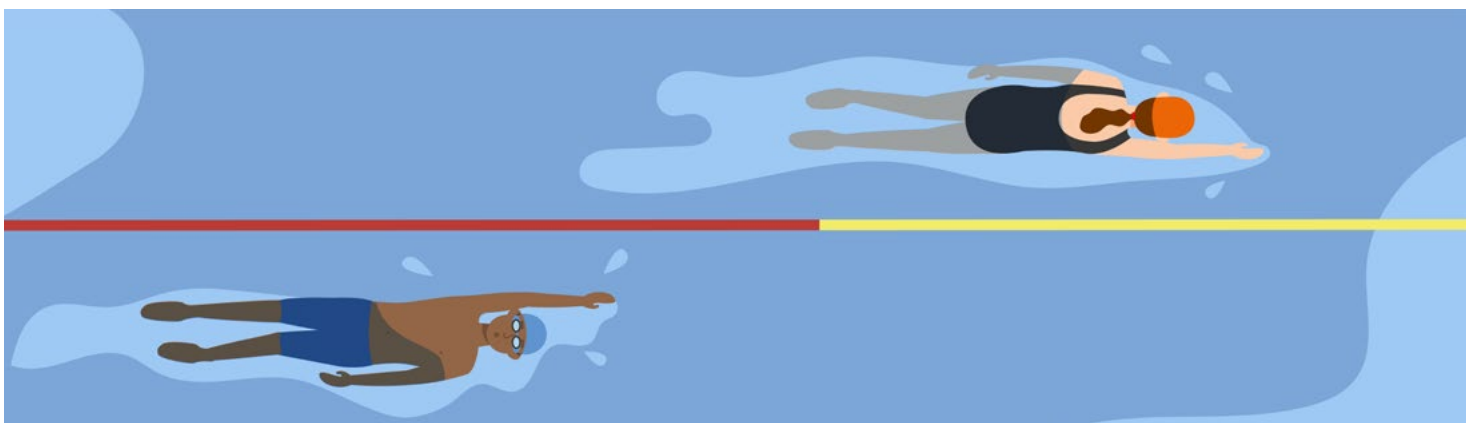
Dinner party

Your swims need fuel, so why not host a dinner party fundraiser? It's simple – you cook for your friends in exchange for a donation. Plus, you'll be fuelled for your next swim.



Wrap-up event

'I'll donate when you've done it' – the words no fundraiser wants to hear! Hold doubters to their word with a wrap-up event at the end of your month and lap up those last-minute donations.



Swim 10k in November

Challenge tips

Adapt for your fitness level

There are people of all levels of fitness doing this challenge. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge to suit you.

Make a plan

Use your challenge calendar to plan how you'll approach completing your kilometres, whether that's lots of smaller swims throughout the week or a few bigger swims at weekends.

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



Get the right gear

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

Keep hydrated

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

Prevent injuries

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

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 on our site.](#)

Ready to take on 10k this November?

To help you dive in and rack up those kilometres, we're collaborating with Freedom Leisure – one of the UK's leading not-for-profit leisure trusts that operates over 130 leisure centres across England and Wales.

For just £30, swimmers completing the challenge can access a special swimming membership at participating Freedom Leisure centres for use throughout November. That's just £1 per day!*

Find out more:
freedom-leisure.co.uk/10kswim

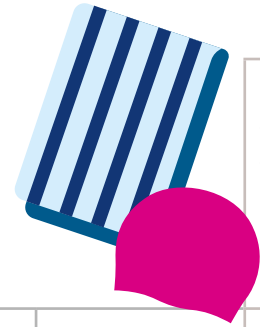
*Terms and conditions apply.
See website for details.





Swim 10k Challenge Calendar

Plan your kilometres in
November 2026



Let's go –
time to take
the plunge!

1

One week
down!
You're
smashing it!

2



3

4

5

6

7

8

9

10

11

12

13

14

You're
halfway!
Keep going!

15



16

17

18

19

20

21

22

Keep
swimming!
Only one
week to go.

23

24

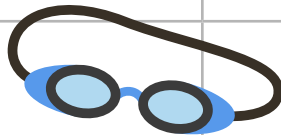
25

26

27

28

29



Keep going,
you're
nearly there!

One last
push and
you've
done it!

30



In aid of

**CANCER
RESEARCH
UK**

Visit cruk.org/swim10knov

Together we are
beating cancer

Swim 10k in November Challenge

Totaliser



In aid of

CANCER
RESEARCH
UK

.....

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

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

Your online Giving Page URL

.....

Visit cruk.org/swim10knov



Registered with
FUNDRAISING
REGULATOR

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 in November Challenge Sponsorship form



Please make sure you fill out each section accurately and 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 for more details.

Your details

Title:	First name:	Last name:
Address:		
Postcode:		Telephone:

Please use 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	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 CRUK 2RP, PO Box 81666, London, E15 9LJ (please don't send cash).
- Please don't photocopy this form. If you need additional forms please print separately.

Visit cruk.org/swim10knov

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.

How are you going to tackle the challenge together?

Use the calendar below 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 the number of kilometres achieved.

Visit cruk.org/swim10know

						Name: Distance: 1
Name: Distance: 2	Name: Distance: 3	Name: Distance: 4	Name: Distance: 5	Name: Distance: 6	Name: Distance: 7	Name: Distance: 8
Name: Distance: 9	Name: Distance: 10	Name: Distance: 11	Name: Distance: 12	Name: Distance: 13	Name: Distance: 14	Name: Distance: 15
Name: Distance: 16	Name: Distance: 17	Name: Distance: 18	Name: Distance: 19	Name: Distance: 20	Name: Distance: 21	Name: Distance: 22
Name: Distance: 23	Name: Distance: 24	Name: Distance: 25	Name: Distance: 26	Name: Distance: 27	Name: Distance: 28	Name: Distance: 29
Name: Distance: 30						

Swim 10k in November 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 your total kilometres that week 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 10k in November 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 10k this
November
to help beat
cancer**

Swim 10k in November Challenge Sweepstake



How many kilometres will
swim this week?

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

Km	Name	Km	Name	Km	Name
Km	Name	Km	Name	Km	Name
Km	Name	Km	Name	Km	Name
Km	Name	Km	Name	Km	Name
Km	Name	Km	Name	Km	Name

Visit cruk.org/swim10knov

*No donation is necessary.

- To enter, write your name and predicted number of kilometres in a box.
- Closing date Winner will be revealed by
(Please write the closing date and when you will announce the winner here.)
- 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.
- All money raised will be donated to Cancer Research UK.
- The promoter to collect and send money to: Swim 10k in November Challenge, CRUK 2RP, PO Box 81666, London, E15 9LJ
- The promoter is
(Please write the name and address of the person organising this sweepstake here.)
- Cancer Research UK is not the promoter and does not accept any responsibility for your sweepstake.
- Sweepstake for use in the UK only, to be run by and for the participation of people aged 18 or over only.

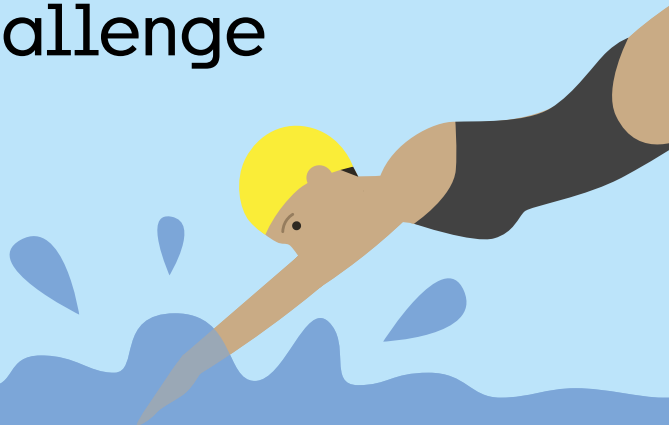
Reg charity numbers 1089464, SC041666, 1103 & 247



Swim 10k in November Challenge

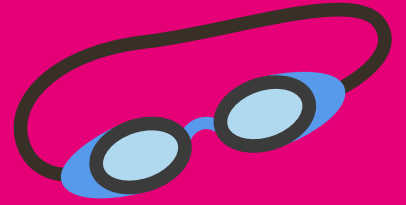
Pledge card

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



I'm swimming
10k this
November
because...

Swim 10k in November Challenge Finisher 2026



This November

Your name

.....

Swam a total of:

Total kilometre count

.....

kilometres

raising

Amount raised

.....

to help beat cancer

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

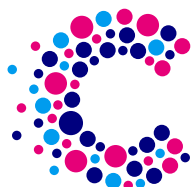
Challenge
name

Swim 10k Challenge

When

November

Information



**CANCER
RESEARCH
UK**

**Together we are
beating cancer**

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247).

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.

*Estimated based on Cancer Research UK analysis of England data
**cruk.org/millionlives

Visit cruk.org/swim10knov

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 up to 90% of cervical cancer cases** in the UK.

Together we are
beating cancer