

SWIMATHON



SWIM CLUB CHALLENGE



27-29 MARCH 2020 | #SwimForAll

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The Swimathon Foundation Charity reg no. 1123870 | Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666) and the Isle of Man (1103) Marie Curie - Registered in England and Wales with Charity reg no. 207994 and in Scotland with Charity reg no. SC038731



Swimathon, the world's biggest fundraising swim, returns once again in 2020. Over the years, Swimathon's mission of uniting swimmers around challenges and fundraising has prompted more than 700,000 swimmers to take part at their local pool and raised more than £50 million for charitable causes.

Swimathon 2020 will take place from Friday 27th March – Sunday 29th March. We are providing the opportunity for your Swim Club to showcase your training and compete together or against each other. On top of building team cohesion, you will be raising money for our joint charity partners Cancer Research UK and Marie Curie.

If your swim club enters over 30 swimmers and raises over £1,000 for our two charity partners, you will be entered into a prize draw and stand the chance for Duncan Goodhew to come and run a training session with your club! By hosting a Swimathon Club session you will also have the opportunity to apply for a Swimathon Grant.

In 2019, Swim Enfield were crowned fundraising champions, having raised an incredible £6,228 for our charity partners, whilst Dewsbury Amateur Swimming Club DASC registered 59 swimmers to take part in Swimathon.

Ranging from 400m – 5k, there is a challenge for everyone. See below all the Swimathon challenges your club can take on!

Individual distances

400m. In its third year a now staple Swimathon distance returns: the 400m swim. A good challenge for new or younger club members, it's the equivalent of 16 lengths of a 25m pool.

1.5k. A great challenge for the novice swimmers in your club or those who prefer to push their speed on shorter distances – all whilst raising some serious fundraising cash.

2.5k. If you're looking to go to great lengths to get sponsored, then 100 lengths of a 25m pool is for you. So, jump in and make some proper fundraising waves.

5k. It's a chance to show off your dedication and hard work to complete this 5k. And, because 200 lengths of a 25m pool will leave everyone, including you, breathless, your efforts will be rewarded with lots of sponsorship.

Team distances

1.5k. A simple team relay challenge you can use as an opportunity to build some club spirit! Take on 60 lengths of a 25m pool in a relay and feel a shared sense of accomplishment.

5k. Round up your best swimmers and see how quickly you can complete 200 lengths of a 25m pool together. Then lap up the sponsorship money and the glory for your swim club!

How to set up a Swimathon club session

This year, your swim club can set up your own Swimathon session. If you would like to do so, contact a member of the Swimathon team by emailing info@swimathon.org or calling 0845 36 700 36. A member of the team will set up your club's Swimathon session as a private venue. You will then be provided with a private link to the session's registration page, which you can share with your fellow club members! Your club's on-the-day materials including lap counting cards, swim caps and medals will be posted to your organiser.