



SWIM THE DISTANCE THIS JUNE

Track your progress by recording your swims throughout the month



WEEK 1

| | | | |
|---------|-----------------|---------|-----------------|
| Metres | 1 ST | Metres | 2 ND |
| Lengths | | Lengths | |

YOU ARE SWIMMING THE DISTANCE FOR BONE CANCER PATIENTS AND THEIR LOVED ONES!

WEEK 2

| | | | | | | | | | | | | | |
|---------|-----------------|---------|-----------------|---------|-----------------|---------|-----------------|---------|-----------------|---------|-----------------|---------|-----------------|
| Metres | 3 RD | Metres | 4 TH | Metres | 5 TH | Metres | 6 TH | Metres | 7 TH | Metres | 8 TH | Metres | 9 TH |
| Lengths | | Lengths | | Lengths | | Lengths | | Lengths | | Lengths | | Lengths | |

WEEK 3

| | | | | | | | | | | | | | |
|---------|------------------|---------|------------------|---------|------------------|---------|------------------|---------|------------------|---------|------------------|---------|------------------|
| Metres | 10 TH | Metres | 11 TH | Metres | 12 TH | Metres | 13 TH | Metres | 14 TH | Metres | 15 TH | Metres | 16 TH |
| Lengths | | Lengths | | Lengths | | Lengths | | Lengths | | Lengths | | Lengths | |

WEEK 4

| | | | | | | | | | | | | | |
|---------|------------------|---------|------------------|---------|------------------|---------|------------------|---------|------------------|---------|------------------|---------|------------------|
| Metres | 17 TH | Metres | 18 TH | Metres | 19 TH | Metres | 20 TH | Metres | 21 ST | Metres | 22 ND | Metres | 23 RD |
| Lengths | | Lengths | | Lengths | | Lengths | | Lengths | | Lengths | | Lengths | |

WEEK 5

| | | | | | | | | | | | | | |
|---------|------------------|---------|------------------|---------|------------------|---------|------------------|---------|------------------|---------|------------------|---------|------------------|
| Metres | 24 TH | Metres | 25 TH | Metres | 26 TH | Metres | 27 TH | Metres | 28 TH | Metres | 29 TH | Metres | 30 TH |
| Lengths | | Lengths | | Lengths | | Lengths | | Lengths | | Lengths | | Lengths | |



Thanks for being swim-sational and supporting the Bone Cancer Research Trust

WEEKLY TOTAL

WEEKLY TOTAL

WEEKLY TOTAL

WEEKLY TOTAL

WEEKLY TOTAL

I SWAM A TOTAL OF

KM



Share your success in our Facebook group:
www.facebook.com/groups/35817509524019

Registered charity in England & Wales: 1159590





Thank you for Swimming the distance this June to help support bone cancer patients like Sarah-Jayne.

At the age of just 26, Sarah's life crashed down in front of her. After having knee pain for over twelve months Sarah was diagnosed with Ewing sarcoma, a form of primary bone cancer.

Sarah was told she would have to endure a tough nine rounds of chemotherapy and have reconstructive surgery to replace her knee and tibia. Unfortunately, Sarah and her fiancé James, were told the chemo that would save her life would also leave her infertile and she would need surgery to remove both her ovaries.

During her chemotherapy Sarah caught pneumonia and her life hung in the balance as James and her family didn't know if she would make it, but with thanks to her medical team she pulled through.

Sarah who has four springer spaniels said "I was in so much pain and poorly from the chemotherapy, but I still tried to be active and would get out with my dogs on my good days."

Two weeks before her reconstructive surgery, whilst halfway up a mountain, Sarah slipped and snapped her leg. Mountain rescue were called and took her directly to hospital. She was then told the devastating news that she would need to have her leg amputated, Sarah says "My world crashed down again." She went on to have a further five rounds of chemotherapy due to the tumours rupturing, from the break in her leg.

"In the space of 18 months I've undergone planned surgery, chemotherapy, an unplanned leg amputation, chemotherapy again, I've broken my hip & femur, had reconstruction and got my prosthetic leg. I have well and truly battled Ewing sarcoma with everything I have." This June Sarah is taking part in the Great North Swim for the Bone Cancer Research Trust. **"It's my way of giving back, I had so much support from the Bone Cancer Research Trust when I was poorly. It's my way of proving to everyone that just because I'm an amputee I can do anything I put my mind to!"**

Sarah now has a scan every three months and is getting stronger on her prosthetic leg every day. You can follow Sarah's adventures on her Instagram: [@bionicspringermum](https://www.instagram.com/bionicspringermum)

Thank you, by taking on this challenge, you are helping to fund better treatment and diagnosis for bone cancer patients like Sarah-Jayne

FAQ'S

- Q How far do I have to swim?**
This challenge allows you to choose your distance dependent on your ability. We have 3 distances to choose from: 5km, 10km or 15km! You decide!
- Q How do I track my progress?**
You can use the manual tracker on the reverse of this page, just write down the total lengths/metres you complete each day. At the end of each week, calculate your total and add it to the weekly total box. Remember to share your progress in the Facebook group and your fundraising page!
- Q Can teams get involved?**
Absolutely! Email us at fundraising@bcrtr.org.uk to set up a team. For more FAQs visit: bcrtr.org.uk/get-involved/



TOP TIPS

Share your fundraising page on your social media and send the link to all your family and friends! You could even add the link to your social media bios so it is quick and easy for anyone to find.

Share regular updates! Photos, videos and boomerangs are a fun way to share your progress.

Tell your story - what motivated you to swim the distance for the Bone Cancer Research Trust?

Ask your employer about matched funding. Some companies will make a contribution to your challenge and could double your fundraising total at no extra effort!