



**CHANNEL SWIM
CHALLENGE 2016**



TAKE THE PLUNGE

Why not challenge yourself this year by swimming the channel
in your local pool! Get lots of sponsors and help CFL
with every length you swim!

Swim the distance of the English Channel from your local pool
to raise funds for Caring For Life...

...That's 22 miles in 12 weeks! This would break down to roughly the following:

20m pool: 1770 lengths
25m pool: 1416 lengths
33m pool: 1073 lengths
50m pool: 708 lengths

Swim the channel miles alone, share the mileage with a group, or get your family to do it with you!



INVESTOR IN PEOPLE

To obtain your CFL sponsorship form pack, or to find out more information,
please contact Natasha Richardson

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Charity Reg no: 519138



Crag House Farm



@CFLCharity

www.caringforlife.co.uk