



#### Official Events Charity Partner

# CRUK WAVE

- <u>Cheshire Triathlon</u>
- <u>Stratford Triathlon</u>
- York Triathlon
- <u>Henley Triathlon</u>
- Buckinghamshire Tri
- North West Triathlon
  Warwickshire Triathlon

## Sign up for Cancer Research UK

Be on the team that will get you to the finish line.

Wear our vest, digest our expert fundraising, nutrition and injury prevention advice and take a look at our top training tips.

### Why choose CRUK?

There are over **200** different types of cancer and we are the only charity tackling all of them.

Every step we make towards beating cancer relies on every pound, every hour, and every participant.

### For over 100 years our doctors,

scientist and nurses have been working tirelessly to help bring forward the day when all cancers are cured. Each day more than 400 people can now expect to reach their 10-year milestone of surviving cancer.

Thanks to our amazing supporters survival rates across all forms of cancer have doubled in the last 40 years, but we can't stop there. Our ambition is to accelerate progress and see three quarters of patients surviving cancer within the next 20 years.

# With you on board we can accelerate our progress and beat cancer sooner.

*"More than one in three of us will develop cancer at some point in our lives.* 

Thanks to research, one day cancer will be a different disease. One day all cancers will be cured."



When we stand united, cancer doesn't stand a chance. With relentless determination we can push forward more quickly towards a future where cancer doesn't have to be feared.

So if you haven't already, **<u>choose your event</u>**, sign up, get your sponsorship pack sent directly to you and begin fundraising to beat cancer sooner.

#### What money can buy...

- £6 buys a box of microscope slides, just like the ones used in breakthroughs such as the discovery of temozolomide, which has saved the lives of many thousands of people with brain tumours across the globe.

- £50 buys a scientific sieve to separate out big bits and small bits of DNA to reveal vital clues about how to beat cancer.

- £150 buys special chemicals to stain the intricate nuts and bolts of the cell, letting our researchers see under the bonnet of cancer cells to learn more about how they work.

Setting up a JustGiving page is easy - more information here