



*Supporting Patients
and Families Attending the
North Coast Cancer Institute*

COFFS COAST & CLARENCE
CANDO!
CANCER TRUST

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Coffs Coast Freemasons Rottnest Channel Swim Saturday 15th March 2014

Venue - Coffs Harbour War Memorial Swimming Complex
Time - Commencing 9am (concluding approximately 2pm)

This is our fourth Annual Charity Swim to support local patients and families affected by cancer and attending the North Coast Cancer Institute at Coffs Harbour. After successfully swimming the equivalent distance of the English Channel Swim for the first 2 years, this year we again acknowledge the Rottnest Channel Swim (off Perth WA)

The people of the Coffs Coast will have the opportunity to participate in a continuous relay of 394 laps of the main Olympic Pool covering a distance of 19.7 kilometres which is equivalent to swimming the Rottnest Channel Swim!

We need your help!

Community Groups, Business Houses, Schools, Sporting groups and individuals are welcome to participate in this community based event to be held in March.

How will it work?

Each group will be allocated a 30 minute time slot commencing from 9am. We will have a "serious" lane and a "fun/community" lane. Your group of 4 swimmers (can be more in the "fun lane") donate \$250 to Cando for your 30 minute block. Swimmers can do more than 1 lap during the 30 minute block, remembering, it is a continuous relay. There will be team awards for the most laps swum in 30 minutes and an award to the top school on the Coffs Coast. There will be novelty prizes throughout the day awarded to swimmers, a bbq and fun activities.

Bookings are essential.

Please call Wayne Edwards on **0478 404 395** or email **Wayne.Edwards@anz.com** or **wedw9236@bigpond.net.au** to register and be involved in this great local event

www.candocancertrust.com.au

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