

UK

Head **for** Change

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THE BIG RUGBY
SWIM JUSTGIVING

The Big Rugby Swimathon

October 2023

WHAT IS IT?

This October - ex-professional rugby union and rugby league players go head-to-head in the epic challenge of swimming The English Channel in a relay race dubbed The Big Rugby Swim.

The race will be the subject of a four part Sky Sports documentary.

Now it's your turn to set your own challenge and raise money for a great cause in The Big Rugby Swimathon!

WHAT CAN YOU DO?

You or your team could go the full distance and swim 22 miles (equivalent of The English Channel)

or you could get creative and base your swimming challenge around the number 22 - this could be 22 minutes, 22 consecutive days, 22 lengths or anything else in between.

Your challenge can be completed over a day, a week or even the whole month of October.

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WHY YOU SHOULD TAKE PART

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THE BIG RUGBY
SWIM JUSTGIVING

The Big Rugby Swimathon is a Head for Change event. Head for Change was born after ex Welsh rugby union international Alix Popham was diagnosed with early onset dementia and probable CTE in April 2020. With little support available, Alix and Mel Bramwell-Popham decided to do something positive about the sport they still love but want to make safer.

Head for Change is determined to increase awareness and enlighten the various sports bodies on existing issues. They also strive to address the problems, and educate current & future players on the best practices in contact sport.

The Big Rugby Swim and Swimathon events aim to raise enough money for the charity to launch their education programme to promote brain health in rugby, to protect players and protect the game of rugby and continue their programmes in research and care and support.

CONTACT US FOR A FUNDRAISING PACK
hello@headforchange.org.uk

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