www.kmcharitychallenge.co.uk

Suggested text to publish on your website and printed or e-newsletters sent to your supporters

# Take the plunge to support (insert your charity or cause name here)

Adrenaline seekers are invited to take part in a thrilling water zorbing challenge in Kent being staged to support (insert your charity or cause name here).

The Kent Water Zorbing Championships is being organised by the KM Charity Team and will be held on Saturday, April 7, 2012, at Herons Pool, Herne Bay.

Simon Dolby from the KM Charity Team urged people to take the challenge to support (insert your charity or cause name here).

"This is a thrilling way to raise money for this excellent cause. Water zorbing requires balance, strength and stamina and really is the ultimate challenge for charity fundraisers," he said. "It could easily be an Olympic sport!"

Three zorbs will line up in the pool for each heat. When the whistle blows they must run, roll or tumble the 25m distance in the fastest time possible cheered on by shoppers, well-wishers and friends. Prizes will be presented to the fastest participants and to the top fundraisers. Practice sessions are held at Herons on Saturdays. Contact the pool for details.

To take part participants must pledge to raise a minimum of £75 in sponsorship. Seventy per cent of sponsorship raised goes to (insert your charity or cause name here) and 30 per cent will go to the children's road safety department at the KM Charity Team.

To book your place go to the website www.kmcharitychallenge.co.uk