

**READY TO TAKE ON THE 10
DAYS OF 5K CHALLENGE?**

OF COURSE YOU ARE.



CANCER
RESEARCH
UK



READY, SET, RUN!

Stand Up To Cancer this October and take on the challenge of running 10 5ks across the month.

Cancer can affect anyone's life, at any time. In fact, nearly 1 in 2 people will get cancer in their lifetime*. So we only have one option: to accelerate life-saving research. Our incredible scientists are relying on you to raise money for their vital work. Every penny will help speed up research to get new tests and treatments to people who need them the most.

Follow the steps below to your challenge moving:

GET STARTED

1. CREATE YOUR ONLINE GIVING PAGE

Make sure you've created your online Giving Page and don't forget to join the **Facebook group** where you can meet like-minded legends who are taking on the 10 Days of 5k Challenge too.

2. SPREAD THE WORD

Let your friends, family and everyone on social media know about your 10 Days of 5k Challenge. Once October comes around, share updates on how you're smashing it and how they can sponsor you for Stand Up To Cancer.

3. TRACK YOUR KILOMETERS

Show your supporters your progress by connecting your online Giving Page to Strava. **Visit our website** to find out how. If you don't have Strava, you can still post your mile count on your online Giving Page to encourage donations.

*cruk.org/lifetimerisk



GET FUNDRAISING

We want to make sure you're rewarded for your incredible effort. To kickstart your challenge, we've put together these handy fundraising tips and ideas.

KICKSTARTERS

SET A TARGET

By setting a target on your online Giving Page, you can more than double your sponsorship.

MAKE THE FIRST MOVE

Show potential supporters that you're committed by making a contribution to your own online Giving Page to kick off donations.

TELL YOUR STORY

Our most successful fundraisers often have really personal online Giving Pages. Kit yours out with the story of why you've decided to take part, regular updates, photos and a thank you to your lovely donors.

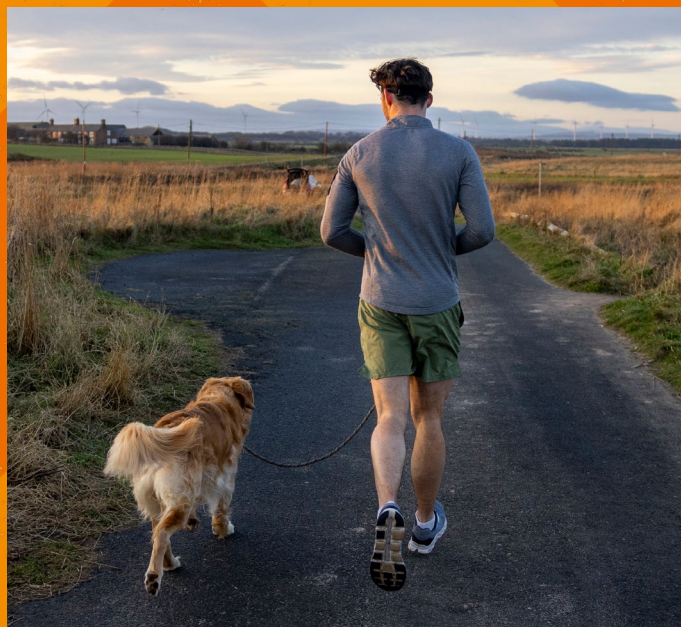
AT WORK

ASK YOUR EMPLOYER

Running 50k across the month will make you feel more energised at work. What's your company prepared to donate to their happier and healthier employee? See if they'll make a donation or match the funds you raise.

LET YOUR COLLEAGUES KNOW

Send an email to your work colleagues to let them know you're standing up to cancer this October.



TIP

Why not add your online Giving Page link to your email signature?



PROMOTE YOUR FUNDRAISING ON FACEBOOK

1

Post a photo in your free Stand Up To Cancer t-shirt.

2

Post your online Giving Page link in the comments. More people will see it this way!

3

Tag three friends who might like to take part with you.

Join our Facebook community! Meet other runners, share top tips and motivate each other through the month by joining our **10 days of 5K Facebook group**.



FUNDRAISING BOOSTERS

Use these ideas to give your fundraising a lift and smash your target.

FILM A VIDEO

Video yourself out on your runs to let friends and family know you're supporting Stand Up To Cancer and share across your social media.

DINNER PARTY

Runners need fuel, so why not host a dinner party fundraiser? It's simple – you cook for your friends in exchange for a donation. Plus, you'll be fuelled for your next 5k.

WRAP-UP EVENT

'I'll donate when you've done it' – the words no fundraiser wants to hear! Hold doubters to their word with a wrap-up event at the end of your month and lap up those last-minute donations. Wear and share your medal on social media to celebrate and encourage more support.

USE YOUR KILOMETRES FOR GOOD

Why not offer to use your kilometres to help friends and family? You could run with their dogs or collect their shopping in return for a donation.

ORGANISE A RUNNING TOUR

Show your friends and family a great new running route that you've discovered and ask for a donation in return!



TRAINING GUIDE

ADAPT THE CHALLENGE TO SUIT YOU

People of all fitness levels are taking on this challenge. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge however you like. It should be tough, but doable. However you choose to break down the 50km, you'll be helping us to power progress.

EASE YOUR WAY IN

Gradually build up your kilometres throughout the month. You could find out what pace, distance and time of day works for you before the challenge begins.

MAKE A PLAN

Use your challenge calendar to plan where and when you'll be completing your 5ks.

TEAM UP

Running in a group will inspire you to push harder and go further than you might otherwise do on your own. Whether you cover the distance together or individually, encourage others to join in the challenge too!

FUEL THOSE KILOMETRES

You'll likely be burning more calories than usual. Make sure you've got enough fuel to clock up those kilometres by eating a healthy and nutritious diet. For more information, visit cruk.org/diet

GEAR UP

Make sure you have a comfortable pair of trainers. Wearing the wrong type of shoe is the most common cause of injury.



APPLY SUNSCREEN

Make sure to apply SPF 30 if you're out running in the daytime. Use 4* or 5* SPF 30 sun protection.

TRACK EVERY RUN

Show off your progress to your supporters by tracking every run with a tracking app. We recommend Strava as you can link your runs to your online Giving Page.

KEEP HYDRATED

Make sure you drink enough water before and after your runs.

STAND UP TO CANCER

10 DAYS OF 5K CHALLENGE CALENDAR



Keep track of your kilometres in October 2026

				1 THURSDAY	2 FRIDAY	3 SATURDAY	4 SUNDAY
5 MONDAY	6 TUESDAY	7 WEDNESDAY	8 THURSDAY	9 FRIDAY	10 SATURDAY	11 SUNDAY	
		One week down!					
12 MONDAY	13 TUESDAY	14 WEDNESDAY	15 THURSDAY	16 FRIDAY	17 SATURDAY	18 SUNDAY	
				Half way there!			
19 MONDAY	20 TUESDAY	21 WEDNESDAY	22 THURSDAY	23 FRIDAY	24 SATURDAY	25 SUNDAY	
26 MONDAY	27 TUESDAY	28 WEDNESDAY	29 THURSDAY	30 FRIDAY	31 SATURDAY		
Anything is possible!					You've done it!		

SHOUT ON SOCIAL

Share your online Giving Page with friends, family and colleagues. Don't be shy!



And don't forget to tell us what you're up on **X @SU2CUK**, **Instagram @su2cuk** with the hashtag **#StandUpToCancer**, or on **Facebook** by tagging **standuptocancerUK**

OUR PARTNERS



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Your name

**YOU'VE SMASHED
YOUR TARGET!**

£

TARGET

**IS RAISING MONEY
FOR LIFE-SAVING
CANCER RESEARCH
BY COMPLETING THE
10 DAYS OF 5K CHALLENGE
THIS OCTOBER**

Donate to their online Giving Page
to help them smash their target

Online Giving Page URL

WEEK 4

£

WEEK 3

£

WEEK 2

£

WEEK 1

£

SHOUT ON SOCIAL

Share your online Giving Page with friends,
family and colleagues. Don't be shy!



And don't forget to tell us what you're up on **X @SU2CUK**, **Instagram @su2cuk**
with the hashtag **#StandUpToCancer**, or on **Facebook** by tagging **standuptocancerUK**

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TAKE PART AS A TEAM

Recruit your friends, family or work colleagues to join your challenge by following the four steps below.

1. All your team members will need to sign up to the 10 Days of 5k in October Challenge so they each have their own Cancer Research UK online Giving Page.
2. Once everyone's signed up, log in to your account.
3. Scroll down and hit the 'Create new team' button and follow the instructions.
4. When sharing your team page URL, make sure you're contacting people who know you and want to hear from you.



1 Name: Distance: 	2 Name: Distance: 	3 Name: Distance:
4 Name: Distance: 	5 Name: Distance: 	6 Name: Distance:
7 Name: Distance: 	8 Name: Distance: 	9 Name: Distance:
10 Name: Distance: 	11 Name: Distance: 	12 Name: Distance:
13 Name: Distance: 	14 Name: Distance: 	15 Name: Distance:
16 Name: Distance: 	17 Name: Distance: 	18 Name: Distance:
19 Name: Distance: 	20 Name: Distance: 	21 Name: Distance:
22 Name: Distance: 	23 Name: Distance: 	24 Name: Distance:
25 Name: Distance: 	26 Name: Distance: 	27 Name: Distance:
28 Name: Distance: 	29 Name: Distance: 	30 Name: Distance:
31 Name: Distance: 		

How are you going to tackle the challenge together?

Use the calendar above to share out your kilometres across the month. Write every team member's name and their daily kilometres count. Why not get competitive and see who can take on the most kilometres each time?

Add the name of the daily top runner and number of kilometres achieved.

Visit SU2C.org.uk/10days5k

10 DAYS OF 5K CHALLENGE

SWEEPSTAKE

**HOW MANY HOURS WILL
TAKE TO COMPLETE THIS CHALLENGE?**

PLEASE DONATE £

**TO TAKE A GUESS AND SUPPORT CANCER RESEARCH UK. THE PERSON
WITH THE CLOSEST GUESS TO THE TOTAL NUMBER OF HOURS WILL WIN**

Hours Name

Hours Name

Hours Name

Hours Name

Hours Name

Hours Name

Hours Name

Hours Name

Hours Name

Hours Name

Hours Name

Hours Name

Hours Name

Hours Name

Hours Name

Visit SU2C.org.uk/10days5k

*No donation is necessary.

1. To enter, write your name and predicted number of hours in a box.

2. Closing date Winner will be revealed by

(Please write the closing date and when you will announce the winner here.)

3. The person whose guess is closest to the walker's number of hours will win the prize listed above. If the correct number of hours is exactly between two guesses, the prize will be given to the lower guess of the two.

4. All money raised will be donated to Stand Up To Cancer. The promoter to collect and send money to: Stand Up To Cancer 10 Days of 5K in October, CRUK 2RP, PO Box 81666, LONDON, E15 9LJ.

6. The promoter is (Please write the name and address of the person organising this sweepstake here.)

7. Cancer Research UK is not the promoter and does not accept any responsibility for your sweepstake.

8. Sweepstake for use in the UK only, to be run by and for the participation of people aged 18 or over only.

10 DAYS OF 5K CHALLENGE

PLEDGE CARD

Add the story of why you're taking part and share across socials with your online Giving Page

I'M TAKING PART IN 10 DAYS OF 5K BECAUSE...



10 DAYS OF 5K CHALLENGE

SPONSORSHIP FORM



THERE'S POWER IN NUMBERS

YOUR DETAILS

First name

.....

Last name

.....

Address

.....

.....

.....

MY FUNDRAISING TARGET



To sponsor me, please write your name, address and sponsorship amount below. Every pound you give will help to fund life-saving cancer research.

Please use a blue or black pen and write in CAPITAL letters. We kindly ask that you only return the sponsor form to us if you are paying by cheque. Your details are safe with us. You can check out our Privacy Policy at cruk.org/privacy for more details.

BOOST YOUR DONATION BY 25P OF GIFT AID FOR EVERY £1 YOU DONATE!

If any of your sponsors would like to add Gift Aid to their donation, please encourage them to **donate online**, where they'll be given the option to include Gift Aid during the process.

Please use blue or black pen and write in CAPITAL letters. All fields are mandatory

Title	Full name and Last name	Postcode	Home address only	Amount	Date collected
MRS	JANE SMITH	AB12 3CD	12, SAMPLE LANE, LONDON	£ 20.00	DD/MM/YY

- Collect donations from your sponsors and send this sponsorship form, alongside a cheque made payable to Cancer Research UK, CRUK 2RP, PO Box 81666, London, E15 9LJ (please don't send cash).
- Please don't photocopy this form. If you need additional forms please print separately.



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Please use blue or black pen and write in CAPITAL letters. All fields are mandatory

[illegible]



CANCER
RESEARCH
UK



Your name:

**HAS SMASHED THE 10 DAYS OF
5K CHALLENGE, RAISING**

Amount raised:



FOR LIFE-SAVING CANCER RESEARCH

SHOUT ON SOCIAL

Share your online Giving Page with friends, family and colleagues. Don't be shy!



And don't forget to tell us what you're up on **X @SU2CUK**, **Instagram @su2cuk** with the hashtag **#StandUpToCancer**, or on **Facebook** by tagging **standuptocancerUK**

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CANCER
RESEARCH
UK



STAND UP SCIENCE.

Fundraising is so important because it allows scientists like me to continue our research and bring better tests and treatments one step closer to people affected by cancer. I want to say a huge thank you to everyone who supports the Stand Up To Cancer campaign.

Dr Alexandra Clipson

Since 2012, our supporters have funded 73 groundbreaking projects and clinical trials, turning breakthroughs in the lab into new techniques and treatments that could really make a difference for people with cancer.

Every day, our researchers work tirelessly to beat the disease. They're finding ways to make cancer treatments more targeted, effective and personalised. They're improving technology to detect cancer faster. And they're even boosting the immune system so that it's better at destroying cancer cells.

Want to learn more about the life-saving research your fundraising pays for? Visit su2c.org.uk/about