

Life is worth Racing for.

Get ready for your
Race for Life



Proud Partner

Standard Life

Part of Phoenix Group

You fundraise, we discover

Since 1994, more than 10 million of you have taken part in Race for Life to help beat cancer. And it's working.

Thanks to progress in cancer prevention, diagnosis and treatment, **over a million lives** have been saved from cancer in the UK since the mid-1980s.*

In the last 50 years, we've helped **double cancer survival** in the UK.

8 in 10 people who receive cancer drugs on the NHS in the UK receive a drug developed by us, or with us.**

*cruk.org/millionlives

**Cancer Research UK analysis of England data extrapolated to UK

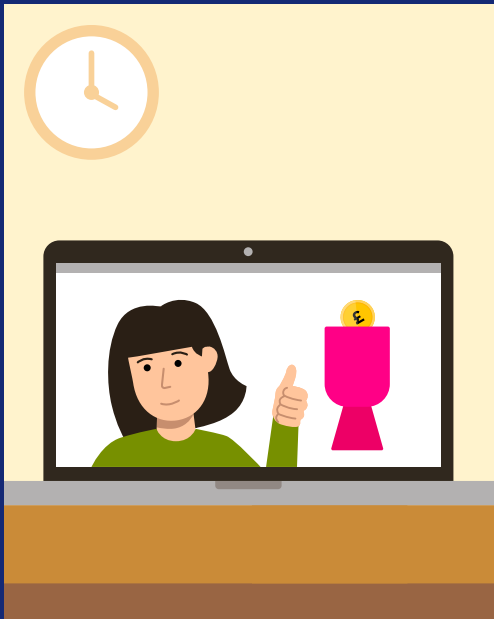
These are huge wins. With your help, we can have even more of them and bring about a world where everybody lives longer, better lives, free from the fear of cancer.

Fundraise in your own way

You've pledged to raise at least £50 to help fund life-changing discoveries. And we know you can do it! Here are some ways to help you smash that target:

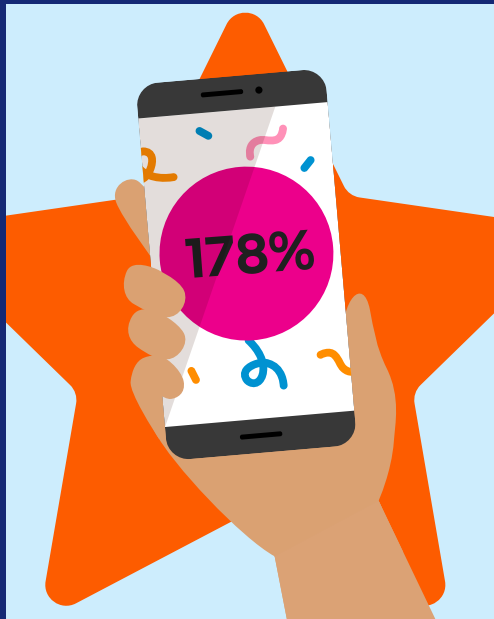
Spread the word

Personalise your online Giving Page and share with your friends, family and colleagues. We've found that the more you share about the amazing journey you're on, the more support you'll get behind you! And posting regular updates and pictures can even double the amount you raise.*



Track your progress

Complete your fundraising totaliser and keep track of how much you've raised or see how far you're soaring past your target! When you hit your target, don't be afraid to set a new one. Fundraisers who increase their target raise around an extra 50% more than people who don't.*

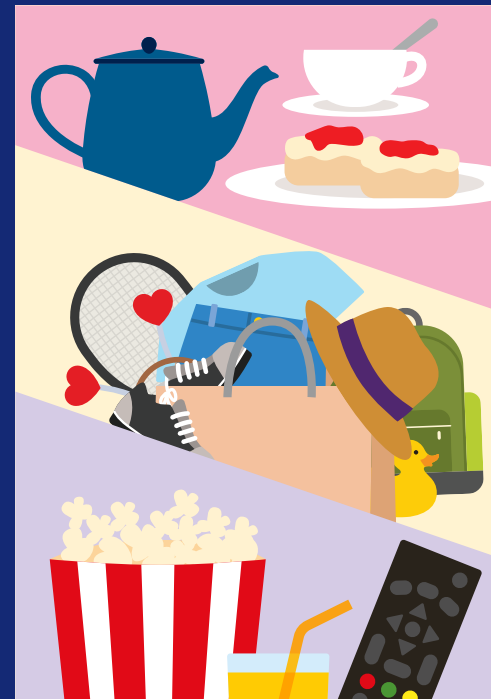


 150%

People who set a fundraising target raise almost **150% more** than people who don't!*

Keep it fun

Organise some activities to help you beat your target, like a pre-loved clothes sale or a cake-tastic coffee morning.

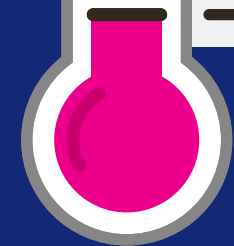


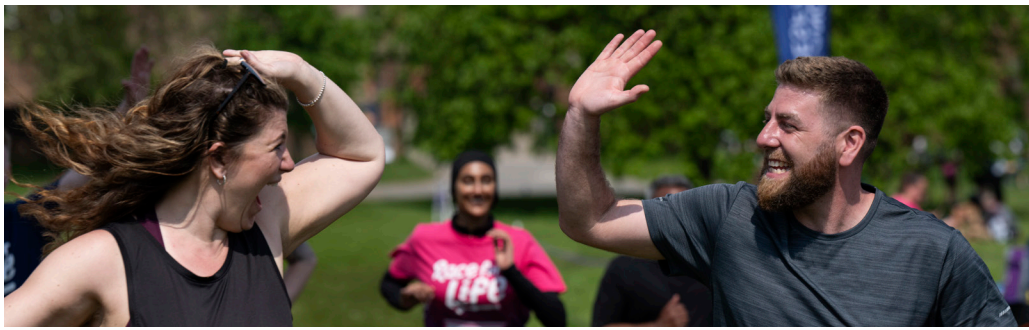
*Based on analysis of Cancer Research UK's Giving Pages 1 Jan 30–Jun 2024



Total raised:
£

_____	£
_____	£
_____	£
_____	£
_____	£
_____	£
_____	£
_____	£
_____	£
_____	£
_____	£
_____	£





People power

Did you know that when you join or create a team, you can raise 50% more together?* With a bit of friendly competition and a shared goal, your fundraising could reach new heights.

Why keep the day all to yourself? Share the fun and invite everyone you know to sign up to the event with you. You can even buy matching event day outfits at raceforlife.org/shop

Invite your **family and friends** to support you on the day by cheering you on. They could even volunteer at your event and support others too. Find out more at raceforlife.org/volunteer

Get everyone involved in our #PlaysForLife playlist by sharing their favourite motivational track on social media with the hashtag or uploading it to our webpage. Then we'll add it to our Spotify playlist to help power you and everyone else to the finish line!

Personalise your back signs and share them on social media with the hashtag **#RaceforLife**



Thanks to research, Vicky is beating cancer right now

“
I did Race for Life when my aunt had just been diagnosed with breast cancer. Never could I have imagined that a decade later I'd be undergoing treatment for breast cancer myself.

In October 2023, I felt a lump in my breast. My mother is a medical secretary and she's always urged us to go to the GP if anything's not right. As I was only 30, I expected reassurance from my GP, but she quickly referred me for a mammogram, ultrasound scan and biopsy. Two weeks later, I was diagnosed with triple negative breast cancer.

My boyfriend Mick and I were due to fly to South Africa on holiday. We cancelled the trip, but on a day trip to Llandudno Mick proposed to me at the top of the Great Orme instead of in South Africa as he'd intended.



Vicky Green, Chester

I'm now in the middle of my chemotherapy treatment, then I'll have a mastectomy. The side effects are tough. When my hair started falling out, I let Mick shave it off. But I'm grateful I went to my GP when I did and my cancer was found early. I'll do anything I can to help raise funds and awareness for cancer research.”

Join us on social

-  /raceforlife
-  @crukaceforlife
-  @raceforlife
-  @crukaceforlife



Make sure everyone is ready for event day by using the checklist on the back of your letters.



We'd love to hear your story. To get in touch, visit cruk.org/share

Messages from our Race for Life sponsor family

Proud Partner

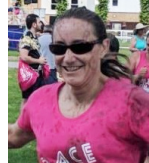
Standard Life

Part of Phoenix Group

Over the past 200 years, millions of customers have trusted Standard Life to look after their pension and retirement needs. We know that as we get older, physical health is as important as financial health. By continuing our sponsorship of Race for Life, we feel that we can work towards a future where people live longer, healthier lives.

“

I took part in my first Race for Life in 1996, having lost my mum to oesophageal cancer the previous year. Twenty years later, I lost my mother-in-law to mesothelioma, a cancer that can occur from exposure to asbestos. She was exposed while working as a teacher in a school that removed asbestos.



Both losses were very tough and over the years, I fundraised frequently for cancer causes and took part in several Race for Life events. Since that first Race for Life almost 30 years ago, running has become a big part of my life, so I'm delighted to be working on the Race for Life sponsorship for Standard Life. Caring about people's futures is a philosophy at Standard Life and our partnership with Race for Life is a small part in helping Cancer Research UK drive cancer knowledge and treatments, which in turn will help drive better futures for everyone affected by cancer.”

Kelsey Offord,
Senior Sponsorship Manager,
Standard Life



Our Race for Life sponsor family on why they've joined us



We're proud to have supported Race for Life for over a decade as part of our long-standing partnership with Cancer Research UK. As a business, we're all about being green – but on event days, we're proud to support pink. We're excited to be back again as the official renewable energy sponsor and on event days, we'll be helping to keep energy levels high. Together we have the energy to help beat cancer.

Read more about our partnership at cruk.org/scottishpower-fundraising



As part of our mission to help people live healthier, more active lives, we're proud to be an official sponsor of Race for Life again. We're with you every step of the way!

Find out how we're helping to beat cancer at cruk.org/slimmingworld-fundraising



Registered with



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). Only Cancer Research UK is registered with the Fundraising Regulator. RFL25/BOOKLET