

# 100 Push-Ups a Day Challenge Sponsorship form



Please make sure to fill out each section accurately and in full.

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 a blue or black pen and write in CAPITAL letters. We kindly ask that you only return the sponsorship form to us if you are paying by cheque.

Your details are safe with us. Check out our Privacy Policy at [cruk.org/privacy](http://cruk.org/privacy) for more details.

## Your details

Title: \_\_\_\_\_ First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Telephone: \_\_\_\_\_

Title	First name	Last name	Post-code	Home address	Amount	Date collected
MISS	ANNE	EXAMPLE	ABI 2CD	12 EXAMPLE TERRACE, LONDON	£20.00	DD/MM/YYYY
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /

I've raised a total of £ .....

## Next steps

- Collect your donations from your sponsors and send this sponsorship form, along with a cheque made payable to Cancer Research UK, to Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ (please don't send cash).
- Please don't photocopy this form. If you need additional forms please print separately.

Visit [cruk.org/100pushupsapril](http://cruk.org/100pushupsapril)

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). Registered address: 2 Redman Place London E20 1JQ. © Cancer Research UK 2026.

